

Wabash Plain Dealer

THURSDAY
JANUARY 2, 2020

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Pulse
of Wabash

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Check out our new website at www.wabashplaindealer.com and let us know what you think. Stories older than a few weeks are not yet available but will be soon. If you had an account on our previous site, you will need to create a new account. If you registered with the same email address we will be able to locate your previous subscription as well. Once registered, you can also verify your subscription. Please contact web.support@wabashplaindealer.com with any questions. Thank you!

Wabash Plain Dealer's new office now open

The Wabash Plain Dealer's new office is now open on the second floor at 99 W. Canal St.

BMV announces holiday hours

All branches will resume regularly scheduled business hours beginning Thursday, Jan. 2. For a complete list of branch locations and hours, to complete an online transaction, or to find a 24-hour BMV Connect kiosk near you visit IN.gov/BMV.

WCPL to re-open Thursday

After being closed Tuesday and Wednesday for the holidays, the Wabash Carnegie Public Library (WCPL) will re-open for regular business hours starting Thursday.

Honeywell Foundation's Annual Winter Bash is here

The Annual Winter Break Bash, hosted by the Honeywell Foundation, will take place Thursday, Jan. 2 and Friday, Jan. 3 at various Honeywell Foundation venues including the Honeywell Center and Charley Creek Gardens. For more information about Winter Bash, visit the Honeywell Center website at www.honeywellcenter.org or call the Box Office at 260-563-1102.

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Zay looks ahead to new legislative session

Education funding, Kids First Trust Fund among upcoming bills

BY ROB BURGESS
rburgess@wabashplaindealer.com

The Indiana General Assembly will convene Monday, Jan. 6, in its non-budget, short session.

In a phone interview Monday, Sen. Andy Zay, R-Huntington, said he will have several bills to introduce.

"I think it will be a pretty quick and short session, so I'm not sure how much will get heard this year," he said. "I'm looking forward to getting together. We've prepared pretty well."

Education funding

In February 2019, a bill authored by Zay that would allow the Office of the Secretary of Family and Social Services (FSSA) to apply to amend the state's Medicaid plan to provide reimbursement

for healthcare services provided in school-based health centers passed the Indiana Senate by a vote of 37 to 12, according to the Indiana Senate Republicans.

Senate Bill 437 would allow schools to better leverage federal dollars to address health concerns facing students and staff, including mental health, substance abuse and socio-emotional learning.

SB 437 would require any increase in the state's share of expenditures for school-based services to be covered through intergovernmental transfers, meaning the bill is budget neutral.

SB 437 then moved to the Indiana House of Representatives for consideration, where "it got bogged down."

Zay said he plans to re-introduce

this legislation this session after a summer advisory committee "gave it their blessing and support."

"We continued to refine that throughout the summer and garner the extended support of all the member school associations. I look forward to filing that and hopefully capitalizing on what will be significant dollars," he said.

Zay said many schools are providing these services, but they're not being reimbursed.

"This will allow them to access the reimbursements," he said. "We're trying to break down some of the hurdles and broaden the access to needed services."

See ZAY / Page A2

State one of the first to expand serious mental illness treatment

Medicaid waiver approval will vastly expand treatment capacity

STAFF REPORT

Last week, the Indiana Family and Social Services Administration (FSSA) announced the federal approval of a Medicaid waiver that "will offer new hope" to thousands of Hoosiers suffering from serious mental illnesses (SMI), according to a press release.

The waiver, approved by the U.S. Centers for Medicare and Medicaid Services (CMS) earlier this month, gives Indiana Medicaid the authority to pay for acute inpatient stays in institutions for mental disease (IMD) for individuals diagnosed with a serious mental illness.

Until now, Medicaid law prevented funding from being used for inpatient SMI treatment at any hospital, nursing facility or other institution with more than 16 beds.

In 2018, FSSA received CMS permission to reimburse for inpatient treatment in these facilities for many Medicaid members with a primary diagnosis of a substance use disorder. Through this new waiver, Indiana will be able to cover acute inpatient stays in IMDs for individuals whose primary diagnosis is a serious mental illness.

"Because approximately 25 percent of individuals with a serious mental illness also have a substance use disorder, this waiver will allow for consistency in their treatment," stated the release.

The waiver takes effect on Jan. 1, 2020. According to Indiana Medicaid records, in the state fiscal year 2019, only about half of Indiana's traditional Medicaid members receiving inpatient psychiatric services accessed those services through an institution for mental disease.

"Approval of the waiver amendment will mitigate these barriers to access and will shift services from less appropriate settings to facilities like hospitals and larger mental health treatment facilities," stated the release. "Under this new waiver, many patients will be able to receive longer, more appropriate inpatient stays, aiding in achieving stabilization and more successful transitions back into their homes and communities. The change is expected to ultimately drive down the costs associated with overuse of the emergency department for mental health problems and psychiatric crises as well as other costs caused by lack of access to appropriate care settings."

Currently, Vermont and Washington, D.C. are the only other states or districts to receive a serious mental illness waiver.

'Honesty does pay'

Money turned in by honest citizen returned after no one claims it

BY ROB BURGESS
rburgess@wabashplaindealer.com

In what was described as a fairly rare occurrence, an honest citizen turned in money they found, which was then returned to them after no one claimed it, according to Capt. Matt Benson, Wabash Police Department (WPD) public information officer.

On Oct. 19, 2019, Caitlyn Price found \$40 and turned it in to Benson.

The money was then placed in lost and found. "Due to the honesty of Caitlyn the money was given back to her," stated Benson. "Honesty does pay."

In response to a Plain Dealer request Friday, Benson stated they are required to hold any money turned in to them for 60 days.

However, Benson stated, that rarely occurs.

"Very little money ever gets turned in," he stated. "A couple times a year we may get a wallet with money in with their identification, as well."



PROVIDED PHOTO

HONESTY: On Oct. 19, 2019, Caitlyn Price found \$40 and turned it in to Benson.

Officials still seeking suspects in bald eagle shooting

Incident occurred Friday, Dec. 20, 2019, in Lawrence County

STAFF REPORT

Indiana conservation officers are investigating the shooting of a bald eagle that occurred Friday, Dec. 20, 2019, in Lawrence County, according to a press release.

Shortly before 4:30 p.m., a Lawrence County Animal Control Officer and employees of Brown County Indiana Raptor Center were notified by a landowner south of the White River near Dixie Highway of the discovery of an injured eagle.

The eagle, which had recently suffered an apparent gunshot wound, was treated for injuries but died shortly thereafter.

Indiana Conservation Officer Ryan Jahn took possession of the carcass on Saturday, Dec. 21, 2019 and initiated an investiga-

tion into the shooting.

A \$500 reward is being offered for information leading to an arrest of a suspect.

Anyone with information should call DNR Law Enforcement Central Dispatch at 812-837-9536 or the Turn in a Poacher (TIP) hotline at 800-847-4367 (TIP-IDNR). TIP is a nonprofit conservation organization that protects fish and wildlife resources by increasing public support and involvement in bringing violators to justice.

"Several members of the public have asked about donating to the reward fund," stated the release.

Donations to the can be made by making checks payable to TIP and sending it to Indiana Conservation Officer Central Dispatch



PROVIDED PHOTO

SHOOTING: Indiana conservation officers are investigating the shooting of a bald eagle that occurred Friday, Dec. 20, 2019, in Lawrence County.

Center, 4850 South State c/o Lt. Col. Terry Hynd- justed accordingly as dona-
Road 446, Bloomington, man. tions are received," stated
IN 47401, and marking it "The reward will be ad- the release.

ZAY

Continued from A1

Kids First Trust Fund

The Kids First Trust Fund and its board were established through Indiana Code, IC 31-26-4, according to the Indiana Department of Child Services (IDCS).

Members of this board are appointed by the Indiana Senate, Indiana House of Representatives and the governor. DCS and the Indiana Department of Health also have representatives on the board.

Zay said that while the board is supposed to meet quarterly to discuss the state of the trust fund, how the fund is distributed, and future activities, it has been much longer than that.

“We’re trying to put some accountability and structure to that,” he said.

Zay said he would also introduce legislation to create a nonprofit on top of it to be able to accept donations from around the country and the world.

“It will enable us to bring more eyes and more resources in and around child welfare in the state of Indiana and give it a lot more prominent role,” he said.

INDOT funding

In response to the community’s concerns and reservations regarding the Indiana Department of Transportation (INDOT) Indiana 24 project, INDOT announced earlier this month it would hire an independent organization to evaluate the proposed project, as well as other possible options for the intersection of County Road 300 East, stated Zay.

In November, Rep. David Wolkins, R-Warsaw, and Zay hosted a town hall meeting to discuss the project and invited residents to attend and offer comments.

County Road 300, other-



PROVIDED PHOTO

BILLS: Sen. Andy Zay, R-Huntington, said he will have several bills to introduce during the upcoming legislative session.

wise known as Lagro Road is used by 560 vehicles per day, while Indiana 24 is used by 9,000 vehicles per day.

Crash data provided by INDOT from 2014 to 2018 showed four injuries and 11 property damage accidents at that intersection. In 2018 alone, there one property damage accident.

All the crashes were right-angle, 80 percent of which involved northbound and westbound vehicles. The most recent fatality was in 2009. INDOT stated the intersection was “identified as a high-crash location by frequency and severity.”

The cost of the J-Turn project is estimated at between \$650,000 and \$900,000. Construction will begin in spring 2020 and will have a three- to six-month duration.

INDOT estimated a roundabout would cost \$2 million to \$3.5 million and would require traffic on Indiana 24 to slow to approximately 25

miles per hour. A traffic signal could cost between \$300,000 and \$500,000 including the operating cost.

In a phone interview last month, Wolkins said he was working a piece of legislation for this session which would take the amount of state gasoline sales tax which goes to INDOT down by a few percentage points and instead divert it to local municipalities.

“I would be happy to carry that half of the legislation should it come over to the Senate,” said Zay. “We have been very open, transparent and forceful in denouncing that plan with INDOT up to the leadership of INDOT including the leadership of our state with the governor. So, through that, we have the study and I’m hopeful they’ll reconsider it and look at possibly some other alternatives, whether it’s rumble strips in the roadway or additional signage or something like that.”

PULSE

Continued from A1

January Salamonie Senior Luncheon set

The monthly Salamonie Senior Luncheon will be held at noon Monday, Jan. 6 at the Salamonie Lake Interpretive Center, 3691 New Holland Road, Andrews. Anyone age 50 or older is welcome to attend. The program begins with a carry-in meal at noon. Potato soup will be provided. Guests should bring a side dish to share, a beverage and their table service. A \$1 donation will be accepted. Reservations may be made by calling 260-468-2127.

Red Cross schedules blood drive opportunity for Jan. 7

The Red Cross has scheduled a blood drive opportunity from 2 to 6:30 p.m. Tuesday, Jan. 7 at the Wabash County YMCA, 500 S. Cass St.

Artists sought for Honeywell Foundation’s art competition

The Honeywell Foundation’s Clark Gallery will be hosting its annual 92 County Art Show from Thursday, Jan. 9 through Wednesday, Feb. 19. Entries will be accepted from 11 a.m. to 2 p.m. Monday, Jan. 6. For complete guidelines visit www.honeywellcenter.org/92-county-art-show. A public reception for this event will take place at 7 p.m. Wednesday, Feb. 19, 2020. For more information, contact Michele Hughes at mhughes@HoneywellFoundation.org or call the Honeywell Center Box Office at 260-563-1102.

‘Death by Chocolate’ auditions set; tickets on sale

The Wabash Area Community Theater’s auditions for the winter comedy “Death by Chocolate” will be held on from noon to 3 p.m. Saturday, Jan. 11, in the Honeywell Center. For the show itself, doors open at 6 p.m. and dinner is at 6:30 p.m. Friday, March 6 and Saturday, March 7; and doors will open at noon and dinner is at 12:30 p.m. Sunday, March 8. Tickets are on sale now at

THE ROXY MOVIE THEATER

Roxy 5 Showtimes for Thursday, January 3 - Thursday, January 9
All showtimes have Closed Captioning available.

Star Wars: Episode IX - The Rise of Skywalker in 2D (PG13) Fri-Sat: 12:25, 3:25, 6:10, 6:50, 9:10, 9:55 Sun-Thurs: 12:25, 3:25, 6:10, 6:50 Mon: 6:10, 6:50 Tues: 6:10 Wed: 6:10, 6:50 Thurs: 6:10	Spies in Disguise (PG) Fri-Sat: 12:45, 3:45, 6:40, 9:30 Sun: 12:45, 3:45, 6:40 Mon-Thurs: 6:40
Little Women (PG) Fri-Sat: 12:35, 3:35, 6:30, 9:40 Sun: 12:35, 3:35, 6:30 Mon-Thurs: 6:30	Jumanji: The Next Level in 2D (PG13) Fri-Sat: 1:10, 4:05, 7:05, 10:05 Sun: 1:10, 4:05, 7:05 Mon-Thurs: 7:05
Frozen II in 2D (PG) Fri-Sun: 12:55, 3:55 Tues: 6:50 Thurs: 6:50	

For more information please call **765-460-5322**
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5-Day Weather Summary

 Thursday Chance Rain 47 / 39	 Friday Rain Likely 45 / 32	 Saturday Scattered Snow 34 / 26	 Sunday Mostly Cloudy 37 / 29	 Monday Partly Cloudy 36 / 31
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Sun and Moon

Today's sunset 5:31 p.m.
Tomorrow's sunrise 8:12 a.m.

 First 1/2	 Full 1/10	 Last 1/17	 New 1/24
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Detailed Local Outlook

Today we will see mostly cloudy skies with a 35% chance of rain, high of 47°, humidity of 76%. South wind 8 to 15 mph. Expect cloudy skies tonight with a 75% chance of rain, overnight low of 39°. Southwest wind 2 to 8 mph. Friday, skies will be cloudy with a 75% chance of rain, high of 45°, humidity of 91%.

Woman questions how to deal with wrinkles

DEAR HARRIETTE: I have pale skin that has begun to wrinkle, even though I’m barely 40. I already know from looking at my mother that I am destined to look like an old woman well before my time. Some of my friends have been getting collagen injections and Botox to smooth out their wrinkles. One of my colleagues went a step further and had plastic surgery. I don’t know what I should do, but I’m not ready to accept that I’m beginning to look like my grandmother. What do you recommend? – Smooth Skin

Harriette Cole Sense & Sensitivity



DEAR SMOOTH SKIN: Go to a dermatologist and get a professional evaluation of your skin. Learn what you can do to keep your skin moisturized and supple. Find out if a cleansing routine that includes SPF will help. That requires no invasive treatment.

Ask about the levels of support that are available, from collagen and Botox all the way to plastic surgery. Talk about the pros and cons of each therapy, and get professional advice on what is recommended for your skin. Be sure to go to a dermatologist who is highly trained and respected.

If plastic surgery is an option, be sure to research a reputable doctor. Look at photos of patients the doctor has worked with so that you can figure out who is right for you.

DEAR HARRIETTE: I have a friend who loves me a lot but talks to me in a harsh way. I find that when I am feeling vulnerable or upset about something, I cannot talk to her for fear that I will start crying. She doesn’t know how to be gentle. I don’t think she intends to be mean, but sometimes it seems like that.

I really do appreciate her support. She often has great ideas, but it’s hard for me to accept them when she comes across as so judgmental. Is there anything I can say to her to get her to

soften her words? – Sharp Tongue

DEAR SHARP TONGUE: On a day when you feel strong and clear, contact your friend and tell her you need to talk to her about something. Then, tell your friend that you love her and you know she loves you, but it hurts your feelings when she is harsh or judgmental when you are in a vulnerable space. Be prepared with specific examples of her engaging you in sharp ways so that you can illustrate your concerns. Tell her that sometimes you need her to just be kind and to bite her tongue rather than laying into you about whatever is going on.

Chances are, she won’t be aware of how abrupt she seems. That’s why you should give her a couple of

examples so that she can understand what you are talking about. Describe a scenario, including what was happening, how you were feeling and how she engaged with you. Then tell her how you felt and what you would have preferred. Ask her if she understands.

Ultimately, you may not want to talk to her when you are feeling emotional or vulnerable in some way, as you are asking her to be different than she is. That may not work, and you will end up with hurt feelings.

Harriette Cole is a stylist and founder of DREAMLEAPERS, an initiative to help people access and activate their dreams. You can send questions to askharriette@harriettecole.com or c/o Andrews McMeel Syndication, 1130 Walnut St., Kansas City, MO 64106.



Wabash Plain Dealer

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Betty B. Amann
May 13, 1925 - Dec. 30, 2019

Betty B. Amann, 94, of Fort Wayne, Indiana, died at 11:35 p.m., Monday, Dec. 30, 2019 at her home. She was born May 13, 1925 in Dorton, Kentucky to Calvin and Cassie (Johnson) Mullins.



Betty married Ralph “Arkie” Amann in Laketon, Indiana on Jan. 3, 1945. She was a homemaker and enjoyed reading and working puzzles. Betty was a longtime resident of Wabash.

She is survived by her husband, Ralph “Arkie” Amann of Fort Wayne, daughter, Teresa (Randy) Dickson of Berea, Kentucky, two grandchildren, James William (Julie) Van Camp of Wabash, and Joshua Michael Van Camp of Fort Wayne, three great-grandchildren, Alex Van Camp, Cole Van Camp, and Emma Van Camp, all of Wabash, brother,

Bill (Reba) Mullins and sister, Julie (Stewart) Swink, both of Fort Wayne. She was preceded in death by her parents, two sisters, Mary Simon and Ruby Calhoun, and her brother, Jack Mullins.

Funeral services will be 10:30 a.m. Friday, Jan. 3, 2020 at Grandstaff-Hentgen Funeral Service, 1241 Manchester Avenue, Wabash, with Stewart Swink officiating. Burial will be in Memorial Lawns Cemetery, Wabash. Friends may call 4 - 6 p.m. Thursday, at the funeral home.

Preferred memorial is Heartland Hospice Memorial Fund, PO Box 10086, Toledo, Ohio 43699.

The memorial guest book for Betty may be signed at www.grandstaff-hentgen.com.

U.S. OKs Medicaid funds for large mental health facilities

INDIANAPOLIS (AP) — A federal agency approved Indiana’s request to use Medicaid funding to provide expanded services to residents diagnosed with serious mental illnesses.

U.S. Centers for Medicare and Medicaid Services authorized the Indiana Family and Social Services Administration to use those funds to pay for short term care for patients admitted at large institutions for mental disease, rather than continuing to limit treatment to facilities with fewer than 16 beds.

The state sought to extend the expanded substance abuse and serious mental illness components of the Healthy Indiana Plan through 2025. The Medicaid waiver took effect Wednesday, The Times of Northwest Indiana reported.

The Centers for Medicare and Medicaid Services previously had authorized Medicaid funds to be used in the state for inpatient treatment at institutions for mental disease when a person is diagnosed with substance use disorder.

The Indiana Family and Social Services Administration says that because about one in four people with mental illness also has a substance abuse problem, the new waiver will ensure consistency in their treatment.

“This waiver allows Indiana to, for the first time, offer the full continuum of treatment for Hoosiers with co-occurring mental health and substance use disorders,” said FSSA Secretary Dr. Jennifer Sullivan.

State records show only about half of Indiana Medicaid members receiving inpatient psychiatric services between July 1, 2018, and June 30, 2019, obtained them at an institution for mental diseases.

The waiver is expected to allow for longer inpatient stays, improved stabilization and more successful transitions back into homes and communities, while also driving down costs associated with overuse of hospital emergency rooms for mental health problems and psychiatric crises.

As more women run for office, child care remains a hurdle

BY LINDSAY WHITEHURST and CHRISTINA A. CASSIDY
Associated Press

SALT LAKE CITY — When Kimberly Dudik ran for her fourth term in the Montana House, state officials told her she could not use campaign money to pay for child care for her four young children.

She is now running for attorney general and is trying to visit a big chunk of the sprawling state, spending hours on the road. That means she needs even more help picking up her kids at school and day care when she’s away and her husband has a late night at the office.

“It just seems behind the times,” Dudik, whose family is living off her husband’s income and savings from her work as a lawyer. “When it was a man campaigning, the woman was traditionally the one to stay home and take care of the children. There is not someone home just taking care of the kids.”

Experts predict a large number of women will again run for office in 2020 like they did in 2018, and child care remains a hurdle for many of them.

A congressional candidate in New York successfully petitioned the Federal Election Commission in 2018 to allow campaign money to help cover child care costs. But it applies only to those running for federal office.

That leaves women in many states who are running for the Legislature, statewide positions like attorney general or local offices to find another way to pay for child care as they campaign, which often requires night and weekend work.

Only six states have laws specifically allowing campaign money to be used for child care. Five states are considering it. In most states, including Montana, the law is silent on the issue and up to interpretation by agencies or boards. Agencies in at least nine states have allowed child care to

be a campaign-related expense, but those decisions are not law and could be reversed.

Utah is among the states that passed a child care expense law, which went into effect last May.

Luz Escamilla was one of the first candidates to use it as she campaigned to become the first Latina mayor of Salt Lake City. Escamilla had to take time off from her full-time banking job to knock on doors and shake hands as she made her case to voters.

Without a paycheck, it was hard to cover the cost of child care for her two youngest daughters. After the law was passed, she used about \$1,500 in campaign cash over two months to help pay for it. The extra time she could spend campaigning helped propel her to a spot in the general election, though she lost in November.

“Full-time campaigning during the summer with toddlers, it makes it really difficult,” Escamilla said, adding of the law: “It was a great tool in our toolbox.”

Lawmakers in Minnesota added child care as an allowable expense in 2018, while Colorado, New York, New Hampshire and California passed laws in 2019.

Before Colorado allowed campaign cash to be used for child care, Amber McReynolds, a former chief elections official in Denver, was contemplating a bid for statewide office in 2017. The costs of child care were a considerable concern as a single mother of two young children.

For that and other reasons, McReynolds decided against running.

“When we look at the statistics in terms of representatives in Congress or statewide office and you don’t see single moms in that category, that’s why,” said McReynolds, who’s CEO of a nonprofit. “The circumstances are just that much more difficult when you are in politics.”

The policy also can help fathers running for office in families where both parents work.

Jean Sinzdak, associate director of the Center for American Women and Politics at Rutgers University, said the record number of women who ran for office in 2018 has helped drive the issue. Still, lawmakers in a number of states have resisted the change.

In Tennessee, the sponsor of a measure to add child care to the list of approved campaign expenses faced a skeptical audience during a subcommittee hearing last spring.

“If they aren’t running for office because they can’t find child care, how are they going to do the job down here?” asked state Rep. John Crawford, a Republican from Kingsport, Tennessee.

The sponsor, Democratic state Rep. Jason Powell, said he introduced the proposal after people he tried to recruit to run for City Council in Nashville declined because child care needs kept them from campaigning.

“I hate that people in our state feel like they can’t run for office because they may or may not be able to use their campaign funds for a child care expense,” Powell said.

The measure failed to advance after a split vote of the all-male subcommittee.

In Louisiana, Democratic state House candidate Morgan Lamandre had her request denied by the state ethics board even though it allowed a Republican man to claim campaign-related child care expenses in 2000. Members, who were not on the panel two decades ago and didn’t have to follow the previous decision, said they were concerned it could be abused.

After a backlash, the board reversed itself.

While she’s used campaign funds to pay for child care a few times, Lamandre said it’s not a panacea for smaller races where candi-

dates might have to choose between paying a babysitter or buying basics like lawn signs.

“It’s helpful, but it’s not a slam-dunk,” she said.

Liuba Grechen-Shirley, who unsuccessfully ran for Congress on eastern Long Island and whose FEC petition led to child care expenses being allowed for federal candidates, started a group called Vote Mama to help mothers running for public office and hopes one day the expense is allowed in every state.

States now considering proposals include New Jersey, Illinois, Ohio, Rhode Island and Massachusetts.

Caitlin Clarkson Pereira tried a similar approach to Grechen-Shirley’s, but ended up suing Connecticut after a board denied her request. She was told she couldn’t use campaign money to pay for child care for her young daughter during her state House race in 2018, which she ultimately lost.

Connecticut officials cited a program that allows candidates to tap taxpayer money after they raise a certain amount on their own. With public money involved, the state says child care should be considered a personal expense.

Pereira argued that it should be considered as necessary as meals or travel.

“This is the time to remove the roadblocks that are clearly in the way of parents and families being able to run for office,” she said.

Despite an eleventh-hour push last year by Connecticut Gov. Ned Lamont, lawmakers failed to pass the policy.

Dudik, the Montana candidate, said the lack of these laws shows the need to have more women in power so policies can be changed.

“If we want more women running for office, we need to make allowances to make that a reality and not just give lip service to it,” she said.

Lawmakers pledge ERA will pass in Virginia. Then what?

BY SARAH RANKIN and DAVID CRARY
Associated Press

RICHMOND, Va. — Supporters of the Equal Rights Amendment are so confident Virginia is on the verge of becoming the critical 38th state to ratify the gender equality measure, they are already making plans for how they will celebrate.

But that jubilation could be largely symbolic. Despite broad support for the amendment in the state, the ERA’s prospects nationally are substantially more complicated.

The proposed 28th amendment to the U.S. Constitution faces a host of likely legal challenges and vehement opposition from conservative activists who depict the ERA as a threat to their stances on abortion and transgender rights.

The passage of time is also a factor. When the measure passed Congress in 1972, lawmakers attached a 1977 ratification deadline to it, then extended it to 1982. While the Democrat-controlled House of Representatives is likely to extend the deadline again, the Republican-controlled Senate may balk, increas-

ing the chances of litigation. Lawsuits also could be waged over an attempt by five states in the 1970s to rescind their initial support for the amendment.

At least one legal challenge is already underway. Alabama, Louisiana and South Dakota filed a lawsuit in federal court in mid-December seeking to prevent the U.S. archivist from accepting a new ratification.

In Virginia, the ERA’s future is bright: Democrats who seized control of the state legislature in November say there is unanimous support in both their House and Senate caucuses.

“It will pass,” Virginia House Speaker-elect Eileen Filler-Corn said pointedly at a recent news conference attended by cheering advocates, some of whom have been working on the issue for decades.

Virginia supporters have framed ERA ratification as a chance to rebut the state’s long history of racist and intolerant policies.

In the past, Virginia “fought against desegregation ... fought against interracial marriage ... fought against women’s right to vote,” said Jennifer Car-

roll Foy, chief patron of the House ratification resolution who is also a member of the black caucus and one of the first women admitted to the historically all-male Virginia Military Institute.

“And it is only poetic justice that now we stand on the right side of history and finally give women their full constitutional equality.”

After a ratification vote, Virginia is expected to submit copies of the state’s resolution to the U.S. archivist. State Attorney General Mark Herring said when that happens, he will include legal arguments in support of the ERA.

Herring, who personally supports the proposed amendment, said his office has been preparing for a long time for potential challenges to Virginia’s ratification.

“If we have to go to court, I won’t hesitate,” he said.

Emily Martin, general counsel for the National Women’s Law Center — which supports the ERA — is uncertain what lies ahead. But she hopes that a campaign for ERA ratification will kindle a new surge of women’s activism comparable to the women’s

marches of 2016 and the subsequent emergence of the #MeToo movement.

“Mobilization around ensuring women’s equality is really important at this moment when the Trump administration is going backward in so many ways that are harmful to women and girls,” she said, referring to President Donald Trump.

Some of the ERA-related arguments surfacing now are similar to those that flared in the 1970s. Would ratification mean that women, as well as men, are subject to the military draft? Would it undermine workplace laws intended to protect women?

But some of the liveliest debate over the coming months will likely deal with two hot-button social issues that have evolved significantly since the ’70s: abortion access and the rights of transgender people.

While abortion has been legal nationwide since the Supreme Court’s Roe v. Wade ruling in 1973, many Republican-controlled states have passed tough anti-abortion laws in recent years and are hopeful the high court might repeal or weaken Roe.

Anti-abortion activists

worry that the ERA, if ratified, would be used by abortion-rights supporters to quash abortion restrictions on grounds they specifically discriminate against women.

“That’s the whole reason ERA has been brought back,” said Anne Schlafly Cori of the conservative advocacy group Eagle Forum. “The proponents are concerned about Roe being stripped away by the Supreme Court, so they’re trying to shoehorn the ERA into the Constitution.”

“Any vote for the ERA is a vote for abortion,” said Cori, whose mother, Eagle Forum founder Phyllis Schlafly, spearheaded a highly successful opposition movement to the amendment in the ’70s.

Martin affirmed that abortion access is a key issue for many ERA supporters; she said adding the amendment to the constitution would enable courts to rule that restrictions on abortion “perpetuate gender inequality.”

The issue of transgender rights was far from the spotlight in the 1970s, but is likely to be a divisive topic in the coming ERA debate. Some ERA oppo-

nents are trying to kindle alarm over the possibility that the amendment would be used to ensure nationwide protections for transgender women seeking to use women-only restrooms and locker rooms.

“The ERA would be used to impose the most radical consequences of the new ‘gender revolution,’ which allows men to declare themselves women and vice versa,” said Penny Nance, CEO of Concerned Women for America, another conservative advocacy group.

Jennifer Boylan, a transgender writer who teaches at Barnard College in New York City, depicted such rhetoric as “the hysteria of right-wing scaremongers.”

“The ERA won’t take away anyone’s rights; it will simply make the country a little fairer,” she said.

Among the Virginia lawmakers who will soon vote on the ERA is Danica Roem, the first openly transgender person to be elected and seated in a state legislature.

“Equality for women is about equality for all women,” she said. “LGBTQ women are women. And we’re not going away.”

speak up

How to contact your legislators:

U.S. Sen. Todd Young, R-Ind.
B33 Russell Senate Office Building
Washington, D.C. 20510
1-202-224-5623
http://coats.senate.gov/contact

U.S. Sen. Mike Braun, R-Ind.
B85 Russell Senate Office Building
Washington, D.C. 20510
202-224-4814
http://braun.senate.gov/

U.S. Rep. Jackie Walorski R-District 2
419 Cannon House Office Building
Washington, D.C. 20515
202-225-3915

State Sen. Andy Zay, R-District 17
Indiana Senate
200 W. Washington St.
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letters guidelines

The Wabash Plain Dealer encourages your letters to the editor forum, which is designed to be a forum for exchange of ideas between readers about issues of community importance. Please sign your letter. Your name will be used with the letter that is published in the Plain Dealer. Your letter will be returned if it is your desire to remain anonymous.

Since we may want to verify or call you to verify the letter, we ask that you include your address and telephone number. All our letters to the editor are published in the interest of fair play, so we trust our letter writers will refrain from personal attacks on other persons or groups.

A letter should be less than two pages long, preferably of double-spaced typing. In order to give everyone an opportunity to participate in this exchange of ideas, please try to limit your letters to one per month per household.

To submit a letter, please write the Wabash Plain Dealer at 123 W. Canal St., Wabash, IN 46992. Letters also may be hand-delivered to the newspaper office, 123 W. Canal St. The office is open 9-11:30 a.m. and 1-4 p.m. Monday through Friday. If you should deliver a letter during non-business hours, a drop slot is located to the left of the front door. Letters may be faxed to 260-563-0816, or email them to news@wabashplainealer.com with "Letters to the Editor" in the subject line.

inspiration corner

Daily scripture

Love does no wrong to a neighbor; therefore love is the fulfilling of the law.

Romans 13:10

What do you think?

We want to hear your opinions, too. Here's how to get us your letters to the editor:

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Email news@wabashplainealer.com



The '70s show: Watergate provides a model for Senate trial

The impeachment of Donald Trump has occurred in the House, even as his ultimate fate remains in limbo, with Speaker Nancy Pelosi withholding the formal resolution from the Senate until the GOP-controlled chamber agrees to a legitimate proceeding, rather than the rubber-stamp acquittal Majority Leader Mitch McConnell is pushing.

Pelosi is right to dismiss the Trump argument that no further material need be considered. As Liz Holtzman writes, evidence can continue to unfold throughout a presidential impeachment. That happened during Water-

gate, as Nixon's incriminating tapes were exposed after the House Judiciary Committee – upon which Holtzman served – already reported out three articles of impeachment.

That's happening now: Last weekend, letters produced from a Freedom of Information Act request revealed that budget official Michael Duffey told the Pentagon to block release of military aid to Ukraine – less than two hours after the infamous Trump phone call. Duffey told the Pentagon to keep his request "closely held to those who need to know to execute the direction." In short, keep this quiet.

House Democrats sought Duffey's testimony – only to have it blocked by the White House, along with that of Mick Mulvaney, John Bolton and other witnesses. The Senate needs to hear from them. Similarly, as Chuck Schumer noted in a letter last week, the relevant documents from the White House, Office of Management and Budget and the State Department have been withheld.

A fair Senate trial would insist on access to all relevant individuals and evidence, whether incriminating or exculpatory.

This editorial was first published in The New York Daily News.

As Pelosi plays games with impeachment, what next for GOP?

The House of Representatives impeached President Bill Clinton on Dec. 19, 1998. It was a Saturday. The votes, in which two articles of impeachment passed, were held around mid-day. By 3 p.m., the House had named its impeachment managers and physically delivered the articles to the Senate for trial.

Impeachment was on. The House, controlled by a Republican majority, was serious about its ultimately failed effort to remove Clinton from office.

Contrast that to today. On Wednesday, Dec. 18, at around 8 p.m., the Democratic-controlled House passed two articles of impeachment against President Trump. Speaker Nancy Pelosi immediately announced that the House would not appoint managers, and the articles would not be delivered to the Senate. The next day, Pelosi told reporters she did not want to talk anymore about it, and the House went into recess until Jan. 7.

Impeachment was not on, or at least a Senate trial was not on. Pelosi was holding out, apparently, for better terms in a Senate trial.

That is where events stand today.

Pelosi acted after a Harvard professor and zealous impeachment advocate, Laurence Tribe, published an op-ed in The Washington Post arguing the Democratic strategy should be "voting for articles of impeachment but holding off for the time being on transmitting them to the Senate."

Withholding the articles, Tribe said, would strengthen Senate Minority Leader Charles Schumer's hand as he negotiates with Majority Leader Mitch McConnell on the terms of the trial. It would do so, Tribe speculated, "because of McConnell's and Trump's urgent desire to get this whole business behind them."

Without concessions from McConnell, Tribe urged Democrats to withhold the articles indefinitely, because a trial dominated by majority Republicans "would fail to render a meaningful verdict of acquittal."

It seemed a far-fetched idea, to be generous. McConnell and Senate Republicans would be perfectly happy if they never had to hold a trial; after all, they didn't impeach Trump. "I admit I'm not sure what leverage there is in refraining from sending us something we do not want," McConnell said drily.

After the weekly Senate Republican lunch, I asked one GOP lawmaker, via text, what the party's reaction was. He texted back a one-word answer: "Laughter."

Nevertheless, Tribe's idea took off like a rocket in some circles of the Democratic left. His column was published on Monday morning, and by Wednesday night Pelosi had adopted his plan.

Just to be clear: Pelosi has no leverage at all over a Senate proceeding. The Constitution gives the House the "sole power" to impeach, a power Pelosi and her majority used to its fullest. But the Constitution gives the Senate the "sole power" to try all impeachments. The Speaker of the House has no role.

Given that, Republicans have been wondering what Pelosi is up to. Crazy theories – at least they seem to be crazy theories – have emerged. Democrats would impeach the president repeatedly. (That was actually a serious suggestion from a New York Times columnist in October.) Or Democrats would never send the articles to the Senate, to keep impeachment hanging over Trump's head. Or whatever.

The key Democrats involved aren't saying. But one plausible notion came from The Hill columnist A.B. Stoddard, who keeps a close eye on Democrats. Party leaders have their eye on the ongoing investigations into Trump. Stoddard said on Fox News Thursday. What about reports of Russian money going to Ukraine figure Lev Parnas' wife? What are prosecutors in the Southern District of New York doing? Is something big coming? There is, Stoddard said, "a lot of pressure on Democrats to wait this out until there is more to throw at the president."

It's not clear precisely how that would work, because the House has already passed two articles of impeachment that make specific accusations against Trump. Beyond that, withholding impeachment indefinitely in hopes that a federal investigation will come up with something big – basically what Democrats did in the Trump-Russia affair – might end in disappointment.

In any event, Pelosi is withholding the articles of impeachment. It is unclear how long she will do it, but it seems they will be withheld at least until Jan. 7, when the House returns for business. That alone will delay a Senate trial significantly. (In the Clinton impeachment, as noted above, the House vote was on Dec. 19, the articles were sent to the Senate the same day, and the trial began Jan. 7.)

In the limbo Pelosi has created, almost anything seems possible. Recently, Brit Hume, of Fox News, tweeted that, "If House Democrats continue to play this game, I can't see what would prevent McConnell and the Senate Republicans from dismissing the articles of impeachment for lack of prosecution. It would take two-thirds to convict, but only a simple majority to dismiss." That seemed like an entirely sensible option for Senate Republicans, although one certain to draw howls of opposition from Pelosi and Democrats.

During the House impeachment inquiry, Republicans often complained that Democrats did not observe basic rules of fairness. On one hand, Democrats denied it, and on the other, they argued that the majority can do what it wants. It's true. Given the constitutional authorities involved, the House Democratic majority could do what it wanted during impeachment. Now, if there ever is a trial, the Senate Republican majority can do what it wants. And whatever they choose in the end, Pelosi's gamesmanship will likely make them more united.

Byron York is chief political correspondent for The Washington Examiner.



An autopsy of 'Blue Indy': Death by official arrogance

Indianapolis taxpayers are out millions for the city's relentless effort to force motorists to give up their automobiles. The demise of electric car-sharing service Blue Indy, announced with a whimper on Dec. 20, comes as no surprise to anyone who has studied the urban transit landscape. Give the equally-trumpeted Red Line Rapid Bus a few years to meet a similar end.

What began five years ago with a highly-publicized deal between the outgoing Republican Mayor Greg Ballard and French company the Bollere Group will conclude on May 21, 2020, when the company ceases operations in Indianapolis. The program is losing money, the company said, and has no chance of becoming profitable anytime soon.

From the beginning, this deal was doomed. The City-County Council had no say in the project, there was no competitive bidding, and no public hearings were held to solicit public opinion on the merits of investing \$6 million in taxpayer funds. There was no vetting of Bollere group whose inaugural car sharing experience launched in 2011 in Paris, a city with almost three times the population and an entirely different transit culture (and which ended its contract with Bollere in 2018 due to chronic budget shortfalls).

In return for tax dollars, Blue Indy was supposed to share profits with the city, but the service never made a dime. In the meantime, ratepayers of Indianapolis Power and Light were socked with \$3 million in rate hikes to underwrite distribution system upgrades for power charging stations installed along the streets where Blue Indy cars parked. Taxpayers spent millions more to reimburse the city's private meter operator, ParkIndy, for lost revenues from meters removed by the city to make way

for Blue Indy parking spaces. The service lacked customers. As of August, the company reported 3,000 active members – a fifth of the total it projected necessary for profitability – served by 200 cars parked at 92 stations.

The business model was never viable because it suited only a sliver of the motoring public: residents who lived near parking stations and needed transit to locations that also had stations; for example, from Broad Ripple to the Indianapolis airport. Users could rent and return cars at stations located across the city for a one-time fee (\$8 for 20 minutes and 40 cents per additional minute) or annual membership (\$9.99 per month plus \$4 for 20 minutes and 20 cents per additional minute. Folks wishing to rent a car for a day or to get to work could do so for considerably less using other widely available options, including IndyGo bus, taxicab, or Uber and Lyft ride services.

The honest truth – one that Blue Indy managing director James Delgado himself admitted – was that the only way to attract more customers was for Blue Indy to talk people out of their cars. And not a single study shows Indy motorists are ready to do that. "We still have a lot of work to do to grow the membership base here and change the culture from a car-ownership culture to a shared-use and mobility culture," Delgado told the Indianapolis Business Journal this summer.

Comparisons to the city's latest grandiose transit initiative – the 13-mile, fixed route all-electric bus called the Red Line – are both inevitable and merited. Like Blue Indy, this \$96-million initiative was launched with little public buy-in; in fact, the voter referendum that enabled a tax hike to help pay for the system was marketed as financing system-wide mass transit improvements that would benefit the entire city. Those other improvements have since been delayed.

Like Blue Indy, the financial

success of Red Line will hinge on ridership numbers that are not supported by data, a fact seemingly acknowledged in January by IndyGo spokesperson Lauren Day who said success would not be judged by number of riders but rather the line's impact in strengthening communities and economic development along the route – a trend known as transit-oriented development. In 2016, urban growth expert Randal O'Toole warned Indianapolis not to move forward with the project, telling The Indiana Policy Review that it "follows an urban-planning fad that has failed in other cities that have tried it."

As with Blue Indy, the vendors hired for various pieces of the Red Line project lacked track records of quality work. Most notably, Indianapolis contracted with China-based bus maker BYD that had repeatedly missed deadlines and delivered defective products for a similar transit system in Albuquerque. No surprise here: In March, IndyGo announced its electric buses were failing to hold a charge for the 275-mile driving range promised by the manufacturer. It perhaps goes without saying that ridership has already plummeted since the celebratory launch of the Red Line on Sept. 1 when the weather was delightful and the service was free.

The Blue Indy fiasco, and the almost certain financial failure of the Red Line, bring to mind an old English proverb, "You can lead a horse to water, but you can't make it drink." It is time for city planners to stop dreaming up transit projects that waste millions when all available evidence suggests that folks with cars are not willing to abandon them for mass transit. And for those who need mass transit, there are cheaper and more innovative ways to get them to their destinations.

Andrea Neal is an adjunct scholar with the Indiana Policy Review Foundation. Her latest book, "Pence – The Path to Power" is available here online from Indiana University Press or at a bookstore near you.

TODAY IN HISTORY

Today is Thursday, Jan. 2, the second day of 2020. There are 364 days left in the year.

Today's Highlight in History:
On Jan. 2, 1960, Sen. John F. Kennedy of Massachusetts launched his successful bid for the presidency.

On this date:
In 1788, Georgia became the fourth state to ratify the U.S. Constitution.
In 1900, U.S. Secretary of State

John Hay announced the "Open Door Policy" to facilitate trade with China.

In 1959, the Soviet Union launched its space probe Luna 1, the first manmade object to fly past the moon, its apparent intended target.

In 1965, New York Jets owner Sonny Werblin signed University of Alabama quarterback Joe Namath to a contract reportedly worth \$427,000.

In 1981, police in Sheffield, England, arrested Peter Sutcliffe, who confessed to being the "Yorkshire Ripper," the serial killer of 13 women.

In 2006, a methane gas explosion at the Sago Mine in West Virginia claimed the lives of 12 miners, but one miner, Randal McCloy, Jr., was eventually rescued. The roof of a skating rink collapsed in the German town of Bad Reichenhall, killing 15 people.

A sauce Bolognese-ish

By Lynda Balslev

If you don't have a recipe like this in your winter repertoire, then you should. In our house, we refer to this dish as Pasta Bolognese. Now, before you raise your hand to point out that this is not an authentic Bolognese sauce, I'll save you the time and announce it right here: This is not an authentic Bolognese sauce.

You might, instead, call this sauce a distant relative, the result of numerous family dinners, and the evolution of a sauce tweaked to ensure ease of preparation, ingredient access and unanimous approval.

Let me explain. Bolognese sauce is a meaty Italian ragu, often containing a combination of beef, pork, pancetta and/or veal. It may also include tomatoes, although they are not typically predominant, since meat is the principal component (which is why Bolognese is often called a ragu). This recipe calls exclusively for ground beef, because that's the meat I can easily find in my market and likely have stashed in my freezer. And it includes a generous amount of tomatoes, which always lend bright acidity to meat sauce.

Other traits of traditional Bolognese sauce are the minimal use of spices (salt, pepper, nutmeg), no garlic (gasp!), and the inclusion of white wine and milk. For the record, you can be sure there will be garlic in the following recipe, as well as oregano and thyme. And there will be no trace of milk; otherwise, at least one young family member would have rebelled years ago due to a mystifying bias against dairy. And, in place of white wine, I always add red, because I prefer how it deepens flavor and adds fruity acidity to meaty sauces – and (for some reason) there's always red wine in our house.

Finally, Bolognese is hearty, traditionally served with equally hearty pasta, such as pappardelle. We love these thick, ribbon-y noodles, but, unlike red wine, there's rarely pappardelle on hand in our house for an impromptu dinner, so spaghetti is the go-to staple of choice.

The point here is that this is a flexible pasta sauce that tastes great no matter its name or origin. In our home, it's a beloved family staple we've called Bolognese, and we're sticking to it.

Pasta Bolognese

Active Time: 50 minute

Total Time: 50 minutes

Yield: Serves 4 to 6

- 2 tablespoons extra-virgin olive oil, divided
- 1 medium onion, finely diced
- 1 small carrot, finely diced
- 1 small celery stalk, finely diced
- 1 pound ground beef
- 2 large garlic cloves, minced
- 1/4 teaspoon crushed red pepper flakes
- 1 cup full-bodied red wine
- 1/4 cup tomato paste
- 1 (28-ounce) can crushed or whole Italian plum tomatoes with juice
- 1 bay leaf
- 1 teaspoon dried thyme

- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 to 2 teaspoons sugar (optional)
- Spaghetti or other pasta
- Fresh parsley
- Grated Parmesan cheese

Heat 1 tablespoon olive oil in a large pot over medium-high heat. Add the onion, carrot and celery and cook until softened, 5 to 7 minutes, stirring frequently. Transfer to a bowl.

Add the remaining 1 tablespoon oil to the same pot. Add the beef and cook until colored and beginning to brown, about 8 minutes, stirring frequently. Add the garlic and red pepper flakes and cook until fragrant, about 1 minute.

Pour in the wine and simmer until reduced by about half, stirring up any brown bits in the pan, and then add the tomato paste and stir to blend.

Add the tomatoes, bay leaf, thyme, oregano, salt and black pepper. Bring the sauce to a boil and then reduce the heat to medium-low. Partially cover the pot and simmer the sauce for at least 30 minutes, stirring occasionally and breaking up any of the tomatoes with a wooden spoon. Taste for seasoning. If desired add 1 to 2 teaspoons sugar, to taste.

Serve ladled over cooked pasta. Garnish with fresh parsley and serve with grated Parmesan cheese.



SAUCE: Bolognese sauce is a meaty Italian ragu, often containing a combination of beef, pork, pancetta and/or veal.



HEALTHY: This unique dish boasts a healthy dose of fiber, vitamin K, the antioxidant vitamin C and omega-3 fats.

Wild Alaska Pollock rainbow bowl with creamy green dressing

By the American Institute for Cancer Research

Enjoy a creative take on Wild Alaska Pollock and a variety of veggies for a gorgeous, nutrient-packed meal. This unique dish boasts a healthy dose of fiber, vitamin K, the antioxidant vitamin C and omega-3 fats. The creamy green dressing tops off the explosion of color, crunch and rich flavor for a delicious show-stopper dinner.

Bagel Avocado Toast with Everything-Spiced Wild Alaska Salmon

Ingredients:

- Quinoa**
- 1 Tbsp. extra virgin olive oil
- 1 cup quinoa (any variety)
- 2 cups low-sodium chicken broth or water
- Dressing**
- 1/3 cup mayonnaise
- 1/3 cup plain yogurt
- 2 Tbsp. lime juice
- 1 tsp. honey
- Pinch of black pepper
- 3 Tbsp. water
- 1 cup packed fresh spinach leaves
- 1/3 cup extra virgin olive oil
- Salt, to taste
- Vegetables**
- 1/2 lb. sugar snap peas, sliced in half on the diagonal
- 12 cherry tomatoes, halved
- 8 radishes, thinly sliced

- 1/2 cup cilantro leaves
- 2 medium avocados, sliced
- Fish**
- Cooking spray
- 4 (6-oz.) Alaska pollock fillets
- 2 Tbsp. olive oil
- 1 to 2 tsp. ancho chili powder, to taste
- Freshly ground black pepper
- 1 lime, cut into 4 wedges
- Dressing: Makes 8 servings.**
- Per serving: 150 calories, 16g fat (2.5g saturated fat), 2g carbohydrate, 1g protein, 0g dietary fiber, 75 mg sodium.
- Fish and Vegetables: Makes 4 servings.**
- Per serving: 550 calories, 28g fat (4g saturated fat), 43g carbohydrate, 32g protein, 12g dietary fiber, 630mg sodium.
- Prep Time: 30 minutes**
- Cook Time: 1 hour**

Directions
In a saucepan over medium-high heat, heat oil. Add quinoa. Stir for 5 to 6 minutes, or until the quinoa pops and sizzles and smells toasty.

Add broth or water and bring to a boil. Adjust heat to a simmer, cover pot and cook for 15 minutes, or until the water is absorbed and the grains are tender. Fluff with a fork and keep warm.

In a blender, combine mayonnaise, yogurt, lime juice, honey, pepper, water and spinach leaves.

Purée until smooth. With the blender on, gradually add the oil. Add salt to taste.

Bring a saucepan of salted water to a boil. Add snap peas and cook for 2 minutes. Drain in a colander and transfer to a plate. Place tomatoes, radishes, cilantro and avocados on large plate.

Preheat broiler to high and set an oven rack 4 inches below the broiler. Line baking sheet with foil and spray with non-stick spray. (Or use non-stick foil.)

Place Alaska pollock fillets on baking sheet and brush with oil. Sprinkle with chili powder and pepper, and gently rub spices into fish. Squeeze a wedge of lime over each fillet.

Broil for 5 to 7 minutes, or until fish is lightly browned and cooked through. Cover loosely with foil and let fish rest for 5 minutes.

To assemble, divide quinoa evenly between four bowls. Arrange snap peas, tomatoes, radishes, cilantro and sliced avocado over top. Place Alaska pollock on top and drizzle with dressing. Serve with extra dressing on the side.

In a 24/7 food culture, periodic fasting gains followers

BY CANDICE CHOI
AP Food & Health Writer

NEW YORK — On low-carb diets, meat and cheese are OK.

On low-fat diets, fruit and oatmeal are fine.

With the latest diet trend, no foods at all are allowed for long stretches of time.

A diet that forbids eating for hours on end might seem doomed in a culture where food is constantly available, but apps and Facebook groups are popping up for people practicing “intermittent fasting.”

Bri Wyatt, a 32-year-old Tennessee resident, tried it this summer.

“At first I was like, there’s no way,” she said.

But after reading more about it, she thought it might not be that hard. She started by skipping breakfast and night-time snacks, and later moved on to a 60-day challenge of fasting every other day.

Melissa Breaux Bankston, a Crossfit instructor in New Orleans, Louisiana, also tried intermittent fasting as a way to curb her snacking. “I wanted to limit the amount of time that I was eating,” she said.

Studies on the potential health benefits of intermittent fasting are still limited, including for its effectiveness with weight loss. But heading into the new year, you may be wondering whether it could help you get in better shape.

When, not what

Like other diets, intermittent fasting helps you lose weight by setting boundaries around food. But instead of limiting what you eat, it restricts when you eat.

“It’s really another way of fooling your body into eating less calories,” said Krista Varady, who studies intermittent fasting at the University of Illinois at Chicago.

Proponents say intermittent fasting helps with weight loss in other ways.

For instance, they say it forces your body to start burning its own fat for fuel after depleting the energy it normally gets from food. But any effects would depend on the specific approach you take, and Varady said there isn’t strong evidence yet that intermittent fasting has any unique effects compared with other diets.

Regardless, people should consult their doctor before trying it. It’s not advised for children, people on certain medications and people with a history of eating disorders.

Fasting menu

One of the more popular approaches to intermittent fasting is to limit eating to an 8-hour window and to fast during the day’s other 16 hours. This is called time-restricted feeding and isn’t as difficult as some other approaches, since the fasting period can include the time you’re asleep.

Many people tailor the eating window to be shorter or longer. Some eat just one meal a day, while others fast entire days a couple times a week. On fasting days, people may allow themselves around 600 calories if needed. But Dr. Jason Fung, who has written books on intermittent fasting, says skipping food altogether might actually be easier, since eating small amounts could stimulate appetite.

Whatever the method, people aren’t supposed to gorge when they stop fasting. Fung says it’s a myth that fasting leaves you famished.

Sumaya Kazi, who posts about her intermittent fasting online and offers coaching services on the diet, says it seems more difficult than it is partly because overeat-

ing has become the norm. “Intermittent fasting is more of a mental challenge than a physical challenge,” she says.

But people react differently to diets, and fasting may be a lot harder for some than for others, says Dr. Fatima Stanford, a Harvard Medical School obesity specialist.

“There’s no one size fits all,” she said.

Fasting on trial

Obesity experts have become interested in intermittent fasting, but studies on the diet are still emerging. For now, limited research suggests it may not be any better for weight loss than conventional calorie-cutting over the long term.

“Unfortunately, intermittent fasting gets a little hyped,” said Courtney Peterson, who studies the diet at the University of Alabama at Birmingham.

Still, some fasting approaches may be more effective than others. And Peterson notes the difficulty of designing studies that definitively capture a diet’s effects. That’s in part because so many other variables could be at play.

For instance, researchers are looking at whether any benefits of intermittent fasting might be tied to when the eating period falls and fluctuations in how well our bodies process food throughout the day.

Some health experts say intermittent fasting might be too difficult for many people. They point to a study of 100 people where those placed in the alternate-day fasting group lost around the same amount of weight as those on conventional calorie-restriction diets over time. But the fasting group had a dropout rate of 38 percent, compared with 29 percent for the conventional diet group.



Jones, Gilman forego final years at Notre Dame for NFL draft

SOUTH BEND, (AP) — Running back Tony Jones Jr. became the second player for No. 14 Notre Dame to forego his final year of eligibility to enter the NFL draft.

Jones made the announcement Tuesday on Twitter. On Monday, senior safety Alohi Gilman declared for the draft, which is April 23-25.

The announcements followed quarterback Ian Book's declaration Sunday night on social media that he would use his fifth year of eligibility to return in 2020.

The 5-foot-11, 224-pound Jones scored an 84-yard touchdown run early in the second half that gave the Fighting Irish (11-2, No. 15 CFP) breathing room in their 33-9 victory over Iowa State in the Camping World Bowl on Saturday.

David Stern, NBA's commissioner for 30 years, dies at 77

NEW YORK (AP) — David Stern, who spent 30 years as the NBA's longest-serving commissioner and oversaw its growth into a global power, has died on New Year's Day. He was 77.

The league says Stern died Wednesday with his family by his side. He suffered a brain hemorrhage Dec. 12 and underwent emergency surgery.

Stern had been involved with the NBA for nearly two decades before he became its fourth commissioner on Feb. 1, 1984. By the time he left his position in 2014, a league that had struggled for a foothold had grown into a more than \$5 billion a year industry and made NBA basketball perhaps the world's most popular sport after soccer.

Stern had a hand in nearly every initiative to do that, including drug testing, the salary cap and implementation of a dress code.

The trained lawyer helped the league become televised in more than 200 countries and territories, and in more than 40 languages.

Submit your news

The Plain Dealer is accepting all news, varsity, junior varsity, middle school, elementary school and non-school affiliated recreational sports. To get a brief in the newspaper, please provide final score and any highlights pertaining to the event, including first and last names of participants. Reports must be received by 3:00 p.m. to make it in the following day's edition. Items may be:

E-mailed to sports@wabashplaindealer.com.

Called into 260-225-4523 after 11 a.m. until 3:30 p.m. Please do not leave complete results on voice mail.

Mailed into Plain Dealer, 123 W. Canal St., Wabash, IN 46992.

Organizations or individuals e-mailing materials should call the sports department to ensure the information was received. The Plain Dealer reserves the right to edit material for length, clarity and/or style, and does not guarantee publication.

HIGH SCHOOL GAMES OF THE YEAR



SAVE: Manchester's Dillon Gish dives to make a save during the penalty shootout in the sectional final against Culver Academies.

Reliving top high school games of 2019

BY JACOB RUDE
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Having officially turned over the calendars to 2020, the Wabash Plain Dealer will begin its look back to the best moments, teams and athletes of 2019 by looking at the top games of the year.

Honorable Mentions

Manchester girls' basketball vs. Tippecanoe Valley - Needing a win on the road over a favored Vikings side to earn a share of the Three Rivers Conference (TRC), Manchester put further one of its best efforts of the season to capture a piece of conference glory with a 43-40 win.

Manchester baseball vs. Rochester - A back-and-forth contest with wild swings in the final innings saw Rochester use a pair of clutch homers to earn a 7-6 win in eight innings to effectively end Manchester's TRC hopes.

Wabash baseball vs. Rochester - En route to a

sectional title, the Apaches needed a comeback to even advance past the first round, scoring four runs in the sixth to complete the 8-4 win.

Northfield softball vs. Southwood, sectional - Remembered not for the scoreline but for an individual performance. In Northfield's 12-1 demolition of its rivals to open the sectional, Addi Baker 3-for-3 with three homers, one a grand slam, and six RBIs in the five-inning affair.

Southwood football vs. Maconaquah - The stiffest test in Southwood's TRC title defense came in week one. After losing starting quarterback Alex Farr early, Logan Barley stepped in and led an improbable fourth-quarter comeback to pull off a 20-17 win.

5. Northfield volleyball vs. Wabash - The Norse and Apaches have combined for classics matches in recent seasons and this fall was no different. Wabash's TRC

title defense was over almost before it started on the year as the Norse gave the Apaches two losses in its opening two conference campaigns, but the reigning champions did not go down without a fight.

The Apaches took two of the first three sets before the Norse came alive, taking the final two sets for a dramatic 19-25, 25-22, 23-25, 25-14, 15-10 win.

4. Southwood football vs. Churubusco, sectional - While the middle stages of the Knights' TRC-winning season were often academic, the postseason was full of thrillers. The Knights drew Churubusco in the opener, setting up a top-ten showdown. The Eagles struck first, scoring twice to take an early 12-0 lead. But an injury to standout tailback Jake Fulk stymied the hosts' momentum and Southwood seized advantage of the moment, scoring twice in the final minutes of the second

quarter as part of 21 unanswered points to win 21-12.

3. Northfield football vs. Southwood, sectional - One week later, the Knights returned home for a showdown with rivals Northfield, a side Southwood had beaten 20-6 earlier in the year. This match-up played out much differently as the Norse, led by quarterback Levi Fulkerson, controlled the contest throughout and earned the upset win over the Knights, 14-6.

2. Wabash boys' basketball vs. Manchester, sectional - Two county rivals each playing arguably its best basketball of the season met in the sectional final early in 2019. Wabash was looking for the final trophy to cap off an impressive season while Manchester was looking to spoil the party.

What played out was a memorable duel worthy of

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HIGH SCHOOL TEAMS OF THE YEAR

Norse named top team of year

BY JACOB RUDE
sports@wabashplaindealer.com

Having officially turned over the calendars to 2020, the Wabash Plain Dealer will continue its look back to the best moments, teams and athletes of 2019 by looking at the top teams of the year.

Only accomplishments in the calendar year of 2019 were taken into account.

Honorable mentions: Manchester girls' tennis, Wabash boys' track, Southwood football

5. Wabash girls' golf

In a banner year for the program, the Apaches captured a sweep of winning the Wabash County Invitational, the TRC meet and the sectional. Wabash won the first contest with little resistance, taking the county title by 25 strokes. But Wabash edged out narrow wins in the TRC meet (five strokes) and sectional meet (one stroke over two teams) to capture its titles.

The Apaches were one of only two teams this year to come away with three titles from either a County tournament, the conference or state tournament trophies.

4. Wabash boys' basketball

The Apache boys' basketball team ended multiple



CELEBRATE: Northfield's girls' basketball team celebrates after the final buzzer of the regional final against Blue River.

decades-long droughts in 2019. Wabash's win over Peru to close the regular season sealed the program's first outright conference title since 1946. Little more than a week later, they won the program's first sectional since 1967.

3. Wabash wrestling

The last of a trio of Wabash teams to earn a spot on the list is a wrestling side that also had a clean sweep in

its season. While the county meet took place in 2018, Wabash still managed to squeak out a win over Manchester by 9.5 points. One week later, the margin was much larger over the Squires - 19 points - as the Apaches won a sectional crown for the first time in 26 years.

While the team's title run came to an end in the regional, Jared Brooks capped off a fine season for the Apaches with an eighth-place finish at

the state finals to earn All-State honors.

2. Manchester boy's soccer

Record-breaking seasons don't come more memorable than the one the Squire boys' soccer team had. Manchester was hardly tested in the regular season, racing through another undefeated

See TEAMS / Page B2

COLLEGE FOOTBALL

Indiana seeks rare 9th win in Gator Bowl

BY MARK LONG
AP Sports Writer

JACKSONVILLE, Fla. — It's been more than 50 years since Indiana won nine games in a season. The perennial Big Ten doormat, known more for its basketball prowess than its football progress, has a chance to match its most wins in program history Thursday night against streaking Tennessee in the Gator Bowl.

The Hoosiers (8-4) have eight wins for the first time since 1993 and are in a bowl game for just the 12th time — and first since 2016. It's clear validation for third-year coach Tom Allen, a longtime assistant and Indiana native who was promoted following Kevin Wilson's resignation. Allen was rewarded with a new contract last month that more than doubled his annual salary.

"It means a lot when people believe in you," Allen said, choking back tears. "I'm an emotional guy. It means a lot. It's my home, it's personal."

Allen is 18-19 in three seasons, the most wins by any Indiana coach in his first three years. He has a chance to get the program to nine wins for the first time since 1967.

Senior linebacker Reakwon Jones has enjoyed the team's modest turnaround, which included beating every unranked team on the schedule this season.

"It's a blessing and just a testament to all the work that the people in this facility and this program put in, from the players to the coaches to the training staff to the strength and conditioning," Jones said. "It's just a true blessing and we want to take full advantage of this opportunity."

"We know what's at stake here and what we can do."

The Volunteers (7-5) have seemingly turned a corner as well under second-year coach Jeremy Pruitt. Tennessee closed the regular season with five consecutive wins to earn its first bowl trip since 2016.

"You've got to look in the mirror, and I feel like our staff did, our players did, and everybody said, 'How can I do better?'" Pruitt said. "It's easy to always point the finger to somebody else. The men on our staff, the men on our team did not do that. ... We stuck together."

JENNINGS SUSPENDED

Tennessee receiver Jauan Jennings, who leads the nation in broken tackles by receivers, is suspended for the first half. Jennings stepped on the face of Vanderbilt punt returner Justice Shelton-Mosley in the team's regular-season finale.

Officials did not penalize Jennings at the time. The Southeastern Conference reviewed the incident and determined Jennings committed a "flagrant personal foul" and suspended him for a half.

The fifth-year senior addressed the incident Wednesday for the first time.

"It was unfortunate because it was an accident," Jennings said. "So just getting mentally and physically prepared for this game is all I'm focused on. Not really too focused on what I'm going to do in the

See HOOSIERS / Page B2

SCOREBOARD

HIGH SCHOOL BASKETBALL

The Associated Press Top 10 Indiana high school boys basketball teams, with first-place votes in parentheses, records, rating points and previous rankings:

Class 4A				
	W-L	Pts	Prv	
1. Lawrence North (11)	8-0	238	1	
2. Bloomington South (1)	10-0	210	2	
3. Lawrence Central	7-1	188	4	
4. Fishers	11-0	139	7	
5. Warren Central	7-0	131	5	
6. Lafayette Jeff	8-1	116	3	
7. Brownsburg	8-1	115	8	
8. Floyd Central	6-1	106	6	
9. Westfield	6-0	90	9	
10. Bloomington North	9-1	31	NR	
Others receiving votes:				
Carroll (Allen) 20. Jeffersonville 18. Columbus North 12. Warsaw 8. Indpls Pike 6. S. Bend Adams 6. Homestead 6.				

Class 3A				
	W-L	Pts	Prv	
1. Silver Creek (9)	8-1	230	1	
2. Danville (1)	9-1	195	4	
3. Norwell (2)	8-0	190	5	
4. Heritage Hills	5-3	151	2	
5. S. Bend St. Joseph's	7-1	125	8	
6. Delta	6-1	101	9	
7. Connersville	8-2	78	3	
8. Greensburg	6-2	74	6	
9. Indpls Brebeuf	5-2	72	7	
10. Beech Grove# 1-66	NR			
Others receiving votes:				
Indian Creek 62. Sullivan 24. N. Harrison 23. Washington 22. Mississinewa 21. Jintown 6.				

Class 2A				
	W-L	Pts	Prv	
1. Ft. Wayne Blackhawk (5)	8-1	224	2	
2. Linton-Stockton (6)	8-0	218	1	
3. Shenandoah (1)	5-1	194	4	
4. Prairie Hts.	9-0	160	5	
5. S. Decatur	10-0	120	8	
6. Ex. Mater Dei	6-1	115	6	
7. Tipkion	10-1	110	7	
8. Paoli	8-1	89	9	
9. Blackford	6-2	88	3	
10. Wapahani	7-1	34	NR	
Others receiving votes:				
Forest Park 21. Indpls Howe 15. University 13. S. Spencer 12. Lapel 12. Providence 9. Northeastern 6.				

Class 1A				
	W-L	Pts	Prv	
1. Barr-Reeve (12)	8-0	240	1	
2. Greenwood Christian	9-0	202	3	
3. Gary 21st Century	8-2	182	2	
4. Kouts	6-0	158	5	
5. Bloomfield	5-0	152	4	
6. Covington	5-2	111	6	
7. Providence Cristo Rey	8-0	97	9	
8. Loogootee	8-2	87	7	
9. Lafayette Catholic	5-2	86	NR	
10. Christian Academy	6-3	69	NR	
Others receiving votes:				
Oldenburg 24. N. Daviess 20. Dubois 12.				

NFL

Playoffs
Wild Card Round
Saturday, Jan. 4
Buffalo at Houston, 4:35 p.m. (ESPN / ABC)
Tennessee at New England, 8:15 p.m. (CBS)
Sunday, Jan. 5
Minnesota at New Orleans, 1:05 p.m. (FOX)
Seattle at Philadelphia, 4:40 p.m. (NBC)

COLLEGE FOOTBALL

Bowl glance
Friday, Dec. 20
Bahamas Bowl
Nassau

Buffalo 31, Charlotte 9
Saturday, Dec. 21
Celebration Bowl
At Atlanta

NC A& T 64, Alcorn State 44
New Mexico Bowl
Albuquerque

San Diego State 48, Central Michigan 11
Cure Bowl
Orlando, Fla.

Liberty 23, Georgia Southern 16
Boca Raton (Fla.) Bowl

FAU 52, SMU 28
Camellia Bowl
Montgomery, Ala.

Arkansas State 34, FIU 26
New Orleans Bowl

Appalachian State 31, UAB 17
Las Vegas Bowl

Washington 38, Boise State 7
Monday, Dec. 23
Gasparilla Bowl
At Tampa, Fla.

UCF 48, Marshall 25
Tuesday, Dec. 24
Hawaii Bowl
Honolulu

Hawaii 38, BYU 34
Thursday, Dec. 26
Independence Bowl
Shreveport, La.

Louisiana Tech 14, Miami 0
Quick Lane Bowl
Detroit

Pittsburgh 34, Eastern Michigan 30
Friday, Dec. 27
Military Bowl
Annapolis, Md.

North Carolina 55, Temple 13
Pinstripe Bowl
New York

Michigan State 27, Wake Forest 21
Texas Bowl
Houston

Texas A&M 24, Oklahoma State 21
Holiday Bowl
San Diego

Iowa 49, Southern Cal 24
CheeZ-It Bowl
Phoenix

Air Force 31, Washington State 28
Saturday, Dec. 21
Camping World Bowl
Orlando, Fla.

Notre Dame 33, Iowa State 9
Cotton Bowl Classic
Arlington, Texas

Penn State 53, Memphis 39
Peach Bowl
Atlanta

CFP Semifinal: LSU 63, Oklahoma 28
Fiesta Bowl

CFP Semifinal: Clemson 29, Ohio State 23
Monday, Dec. 30
First Responder Bowl
Dallas

Western Kentucky 23, Western Michigan 20
Music City Bowl
Nashville, Tenn.

Louisville 38, Mississippi State 28
Redbox Bowl
Santa Clara, Calif.

California 35, Illinois 20
Orange Bowl
Miami Gardens, Fla.

Florida 36, Virginia 28
Tuesday, Dec. 31
Belk Bowl
Charlotte, N.C.

Kentucky 37, Virginia Tech 30
Sun Bowl
El Paso, Texas

Arizona State 20, Florida State 14
Liberty Bowl
Memphis, Tenn.

Navy 20, Kansas State 17
Arizona Bowl
Tucson, Ariz.

Wyoming 38, Georgia State 17
Alamo Bowl
San Antonio

Texas 38, Utah 10
Wednesday, Jan. 1
Citrus Bowl
Orlando, Fla.

Alabama 35, Michigan 16
Outback Bowl
Tampa, Fla.

Minnesota 31, Auburn 24
Rose Bowl
Pasadena, Calif.

Oregon (11-2) vs. Wisconsin (10-3)
Sugar Bowl
New Orleans

Georgia (11-2) vs. Baylor (11-2)
Thursday, Jan. 2
Birmingham (Ala.) Bowl

Cincinnati (10-3) vs. Boston College (6-6), 3 p.m. (ESPN)

Gator Bowl
Jacksonville, Fla.

Indiana (8-4) vs. Tennessee (7-5), 7 p.m. (ESPN)

Friday, Jan. 3
Famous Idaho Potato Bowl
Boise

Ohio (6-6) vs. Nevada (7-5), 3:30 p.m. (ESPN)

Saturday, Jan. 4
Armed Forces Bowl
Fort Worth, Texas

Southern Miss (7-5) vs. Tulane (6-6), 11:30 a.m. (ESPN)

Monday, Jan. 6
LendingTree Bowl
Mobile, Ala.

ON THE AIR

COLLEGE BASKETBALL (MEN'S)
5 p.m.
ESPN: Liberty at Florida Gulf Coast
6:30 p.m.
CBSSN: James Madison at North Carolina (Wilmington)

7 p.m.
BTN: Minnesota at Purdue
ESPN: North Texas at Western Kentucky

8 p.m.
FS1: Illinois at Michigan State

8:30 p.m.
CBSSN: Dayton at La Salle

PAC-12N: Oregon State at Utah

9 p.m.
ESPN2: Oregon at Colorado

ESPN: Jacksonville State at Morehead State

10 p.m.
FS1: UCLA at Washington

10:30 p.m.
PAC-12N: Southern California at Washington State

11 p.m.
ESPN2: California at Stanford

ESPN: St. Mary's at San Francisco

COLLEGE BASKETBALL (WOMEN'S)
6 p.m.
ACCN: Wake Forest at Duke

8 p.m.
ACCN: Florida State at Syracuse

COLLEGE FOOTBALL
3 p.m.
ESPN: The Birmingham Bowl: Boston College vs. Cincinnati, Birmingham, Ala.

7 p.m.
ESPN: The Gator Bowl: Indiana vs. Tennessee, Jacksonville, Fla.

GOLF
6 p.m.
GOLF: PGA Tour: The

Sentry Tournament of Champions, First Round, Maui, Hawaii
HIGH SCHOOL FOOTBALL
6 p.m.
ESPN2: Under Armour All-America Game: Team Highlight vs. Team Armour, Orlando, Fla.

IIHF HOCKEY
9 a.m.
NHLN: World Junior Championship: Canada vs. Slovakia, Quarterfinal, Ostravice, Czech Republic

11:30 a.m.
NHLN: World Junior Championship: U.S. vs. Finland, Quarterfinal, Trinec, Czech Republic

2 p.m.
NHLN: World Junior Championship: Sweden vs. Czech Republic, Quarterfinal, Ostravice, Czech Republic

NBA BASKETBALL
7:30 p.m.
NBATV: Toronto at Miami

10:30 p.m.
NBATV: Detroit at LA Clippers

NHL HOCKEY
7 p.m.
NBCSN: New Jersey at NY Islanders

9:30 p.m.
NBCSN: St. Louis at Colorado

SOCCER (MEN'S)
2:55 p.m.
NBCSN: Premier League: Sheffield United at Liverpool

TENNIS
6 p.m.
TENNIS: ATP: The ATP Cup, Day 1 Group Stage, Brisbane, Perth, and Sydney, Australia

6 a.m. (Friday)
TENNIS: ATP: The ATP Cup, Day 1 Group Stage, Brisbane, Perth, and Sydney, Australia

Winnipeg 40, 22 15 3 47 125 120
Minnesota 41, 19 17 5 43 126 137
Nashville 38, 18 14 6 42 132 127
Chicago 41, 18 17 6 42 118 132

Pacific Division
GP W L OT Pts GF GA
Vegas 43, 22 15 6 50 134 125
Arizona 42, 22 16 4 48 118 108
Vancouver 40, 21 15 4 46 132 119
Edmonton 42, 21 17 4 46 125 134
Calgary 42, 20 17 5 45 114 127
Los Angeles 42, 17 21 4 38 109 132
Anaheim 40, 16 19 5 37 103 124
San Jose 41, 17 21 3 37 109 139

NOTE: Two points for a win, one point for overtime loss. Top three teams in each division and two wild cards per conference advance to playoffs.

Tuesday's Games
New Jersey 3, Boston 2, SO
N.Y. Islanders 4, Washington 3
Vegas 5, Anaheim 2
Toronto 4, Minnesota 1
Tampa Bay 6, Buffalo 4
Carolina 3, Montreal 1
Columbus 4, Florida 1
Detroit 2, San Jose 0
Winnipeg 7, Colorado 4
Chicago 3, St. Louis 1
Chicago 5, Calgary 3
Edmonton 7, N.Y. Rangers 5
Los Angeles 5, Philadelphia 3

Wednesday's Game
Nashville at Dallas

Today's Games
Columbus at Boston, 7 p.m.
Edmonton at Buffalo, 7 p.m.
Tampa Bay at Montreal, 7 p.m.
New Jersey at N.Y. Islanders, 7 p.m.
San Jose at Pittsburgh, 7 p.m.
Florida at Ottawa, 7:30 p.m.
Toronto at Winnipeg, 8 p.m.
Anaheim at Arizona, 9 p.m.
N.Y. Rangers at Calgary, 9 p.m.
St. Louis at Colorado, 9:30 p.m.
Chicago at Vancouver, 10 p.m.
Philadelphia at Vegas, 10 p.m.

Friday's Games
Washington at Carolina, 7:30 p.m.
Detroit at Dallas, 8:30 p.m.

Saturday's Games
Edmonton at Boston, 1 p.m.
Florida at Buffalo, 1 p.m.
San Jose at Columbus, 1 p.m.
Winnipeg at Minnesota, 2 p.m.
St. Louis at Vegas, 4 p.m.
Pittsburgh at Montreal, 7 p.m.
Colorado at New Jersey, 7 p.m.
Tampa Bay at Ottawa, 7 p.m.
N.Y. Islanders at Toronto, 7 p.m.
Philadelphia at Arizona, 8 p.m.
N.Y. Rangers at Vancouver, 10 p.m.
Nashville at Los Angeles, 10:30 p.m.

TRANSACTIONS

BASEBALL
American League
MINNESOTA TWINS — Signed RHP Homer Bailey and LHP Rich Hill to one-year contracts.

FOOTBALL
National Football League
ATLANTA FALCONS — Signed QB Danny Eting, OL Lukayos McNeill, TE Carson Meier, DB C.J. Reavis and RB Craig Reynolds to reserve/future contracts.

CAROLINA PANTHERS — Signed OTs Tyler Marz and Aaron Monteiro, RB Marcus Murphy, PK Elliott Fry, LB Sione Teuhema, WR Damion Jeanpierre, TE Temarrick Hemingway, CB Dominique Hatfield and S Quin Blanding to reserve/future contracts.

CLEVELAND BROWNS — Mutually agreed to part ways with general manager John Dorsey. DENVER BRONCOS — Claimed NT Joel Heathoff waivers from Houston. Signed OT Ka'John Armstrong, P Trevor Daniel, C Wes Farnsworth, DL Jay-Tee Tiuli, LBs Malik Carney and Tre' Crawford, RBs Jeremy Cox and Khalifani Muhammad, Ss P.J. Locke and Tyvis Powell and WRs Trinity Benson and Kelvin McKnight to reserve/future contracts.

DETROIT LIONS — Signed C Russell Bodine and Tes Paul Butler and Matt Sokol to reserve/future contracts. Fired special teams coordinator John Bonamego, linebackers coach Al Golden, defensive backs coach Brian Stewart, tight end coach Chris White, strength coach Harold Nash and assistant strength coach Rodney Hill.

HOUSTON TEXANS — Activated DE J.J. Watt from IR. Placed S Tashaun Gipson Sr. on IR. LOS ANGELES CHARGERS — Signed C Cole Toner, OT Tyree St. Louis, DB Quenton Meeks, WR Tyron Johnson, DT P.J. Johnson, LB Malik Jefferson, CB Tevaughn Campbell, TE Stephen Anderson to reserve/future contracts.

MIAMI DOLPHINS — Signed LBs Jake Carllock, Terrill Hanks; WRs Andy Jones, T.J. Rahming and Terry Wright; TE Chris Myrick; OT Chidi Okeke to reserve/future contracts. MINNESOTA VIKINGS — Signed DE Eddie Yarbrough. Placed DT Armon Watts on the IR. Signed DE Curtis Cothran, CB Kemon Hall to the practice squad. Released C John Keenoy, DE Stacy Keely from the practice squad.

PITTSBURGH STEELERS — Signed LB Tuzar Skipper to a two-year contract. Signed WRs Jamal Custis and Quadree Henderson, QB J.T. Barrett, CB Alexander Myres, RB Ralph Webb, S Tray Matthews, TEs Christian Scottland-Williamson and Kevin Rader, OTs Christian DiLauro and Derwin Gray and DE Henry Mondeaux to reserve/future contracts.

COLLEGE BASKETBALL

As others rise, Memphis thrives without Wiseman

BY STEVE MEGARGEE
AP Sports Writer

MEMPHIS, Tenn. — Memphis is showing there's much more to its heralded freshman class than departed center James Wiseman.

Wiseman played just three games for Memphis before leaving school to prepare for the NBA draft, where the 7-foot-1 center might be the first player selected. But the ninth-ranked Tigers are doing just fine without him so far.

Memphis (12-1) is undefeated without Wiseman and has reeled off 10 consecutive victories. The Tigers have their highest ranking since reaching the No. 8 spot in November 2011 as they chase their first NCAA Tournament berth in five years.

"We've just been staying together," freshman forward D.J. Jeffries said. "We've been coming in and staying as a family. Losing James is hard, but he's gone now so we've got to stick together, keep winning and keep doing what we're doing, and we'll be good."

Memphis is winning consistently with a starting five that features four freshmen: Jeffries, forward Precious Achiuwa and guards Boogie Ellis and Damion Baugh.

Freshman guard Lester Quinones was in the starting lineup earlier this season but has come off the bench in the two games since returning from a broken right hand. Quinones has averaged 14.5 points in the two games since his return.

This inexperienced roster has remained focused amid all the distractions surrounding Wiseman's brief and tumultuous stay.

When the NCAA ruled Wiseman was likely ineligible, he played the season opener only after his lawyer obtained a temporary restraining order less than an hour before tipoff. Wiseman later was suspended 12 games because the NCAA determined Memphis coach Penny Hardaway was acting as a booster when he paid the prospect's family \$11,500 to assist in a move from Nashville to Memphis in 2017. The payment occurred before Hardaway started coaching Memphis.

Wiseman would have been eligible to return Jan. 12 at South Florida, but he instead announced Dec. 19 in an Instagram post that he had left school to begin focusing on his pro career.

"I think we've done a good job of kind of not making it a focal point with us," Hardaway said. "Of course, they read it in social media and things of that nature and we were in the midst of it — we were in the storm of it — but we never really talked about it a lot. We just kind of moved on, business as usual, let's get to work and let's keep playing. Lucky for us, we were winning during those storms."

Wiseman averaged 19.7 points and 10.7 rebounds in the three games he played, so his absence left a giant hole. Yet his former teammates have done a remarkable job of picking up the slack.

Achiuwa, who is 6-foot-9, has emerged as Memphis' top remaining scorer (14.2) and rebounder (9.8). Jeffries and Quinones are consistent double-digit scorers. Sophomore guard Tyler Harris is shooting 40% from 3-point

range. Another sophomore guard — Alex Lomax — has a knack for delivering game-clinching plays down the stretch.

That balanced attack has helped Memphis erase early double-digit deficits in victories over UAB, Tennessee and Tulane.

"We have to do it by committee," Hardaway said. "We've got a ton of talent on this team. We're one of the deepest teams if not the deepest in the country as far as talent from top to bottom."

The Tigers still have plenty of room for improvement.

Memphis is the only team ranked 15th or higher that has more turnovers than assists. The Tigers are making just 68% of their free throws (Achiuwa is shooting not even 58% from the line and has the most free-throw attempts on the team). Hardaway says Memphis also must toughen its defense and communicate better.

Yet the fact that Memphis has all these issues and still has won 10 straight underscores its considerable potential. During a season in which top-ranked teams keep falling and nobody has separated itself from the pack, Memphis knows it has an enormous opportunity if its underclassmen keep maturing.

"A lot of people tell us how we're young and how they feel we're not going to do it, but we're just coming together on and off the court, just (growing) together and becoming brothers and a family," Quinones said. "It's ended up being positive on the court."

NFL

Redskins hire Ron Rivera as coach

BY STEPHEN WHYNO
AP Sports Writer

WASHINGTON — The Redskins hired Ron Rivera as their coach on Wednesday in owner Dan Snyder's latest step to try to turn around the wayward franchise.

Washington announced the move two days after Snyder fired president Bruce Allen following a decade of futility. The former Carolina Panthers coach quickly emerged as the Redskins' top candidate and inherits a team that went 3-13 this season and hasn't made the playoffs since 2015.

The 57-year-old of Mexican and Puerto Rican descent is the first minority to be named full-time coach in Redskins franchise history. Rivera is the seventh coach hired by Snyder in his two decades of ownership that have included just five playoff appearances.

Rivera spent the past nine seasons coaching the Panthers, taking them to the Super Bowl in 2015.

"He gets the best out of players," said Redskins cornerback Josh Norman, who played for Rivera with

Carolina. "And not just players, but men. He builds men and guys — and also builds character, and sets them up not just for football, but sets (them up) in life. I think that's the first and foremost thing you want to see in anybody, that they actually care about you instead of the game itself."

The Redskins are the first team that fired its coach this season to fill the position. Snyder zeroed in on Rivera, who flew to Washington on Monday to meet with him about the job.

HOOSIERS

Continued from B1

second half. I'm here just being ready for this team. They are going to have my back and I can't wait to come out there and have theirs."

Added Pruitt: "In no way does that depict who Jauan is or the circumstances around it."

LAST CALL

New Fresno State coach Kalen DeBoer will call plays for Indiana one last time. DeBoer took the job

at Fresno in mid-December after Jeff Tedford retired for medical reasons.

DeBoer served as Fresno State's offensive coordinator in 2017 and 2018.

Indiana boasted the No. 2 offense in the Big Ten this season, averaging 443.6 yards

Think you know 2020? Some sports predictions for you

BY TIM DAHLBERG
AP Sports Columnist

Predictions aren't for the faint of heart, as anyone who has ever given money to a bookmaker can attest. Strange things can happen, which is a big reason why they still play games.

Still, with every new year comes the hope that this might be the year some of them come true.

With that in mind, let's begin. There's a new decade dawning and, who knows, these things might actually happen in 2020:

BRADY RETIRES: Tom Brady announces his retirement midseason, shocking New England fans who assumed he would play until he was eligible for Medicare.

An emotional Bill Belichick struggles afterward to find the right words to honor

the quarterback who won six Super Bowls and made the Patriots the dynasty of the early 2000s.

"Right now we're just worried about getting ready for the Bengals," Belichick said.

OLYMPIC GLORY: Usain Bolt comes out of retirement for the Olympics in Tokyo, and oddsmakers quickly make him the favorite to win another three gold medals in the speed events.

Instead, Bolt decides to compete in skateboarding and becomes the first to land a 720 Gazelle Flip as he takes gold in the newest Olympic sport. In related news, Michael Phelps announces plans to compete in break dancing in the 2024 games in Paris.

STEALING AWAY: The Houston Astros stumble early in the season, with hitters swinging wildly at

pitches they don't recognize. Desperate for contact, they devise a system of tin cans connected by string to relay signals from center field to the dugout.

The Astros immediately go on a 15-game winning streak, then issue a statement blaming irresponsible reporting by the fake media for the team's early struggles.

HALL OF FAME: Barry Bonds finally gets elected to the Hall of Fame, boosted by the support of a new wave of analytics-driven baseball writers who say his overwhelming numbers can't be ignored any longer.

In particular, they cite his dominance (.845, adjusted for cap size) in the emerging category of superstar players who used both the cream and the clear (SPCCA).

BEAST MODE II: Mar-

shawn Lynch gets the ball this time, scoring from the 1-yard line as time expires to give the Seattle Seahawks a 21-20 victory over the Patriots in the Super Bowl.

Afterward, Lynch said his beef with the media was all a misunderstanding and begins regaling reporters with stories about his career, beginning with his first touchdown run as a 9-year-old in Pop Warner football.

DRAFT DAY: LSU's Joe Burrow is the No. 1 pick, and he is greeted with big cheers not only by the three extremely hungover Bengals fans in attendance but those holding betting tickets on him at 40-1 to begin the year. NFL owners attend in record numbers, then vote unanimously in special session to hold the draft in Las Vegas for the next 10 years.

NBA: The Lakers collapse

midseason, and Magic Johnson comes back to the team to mediate a lingering dispute between LeBron James and Anthony Davis over who has the biggest mansion in Beverly Hills.

Steph Curry playing on the Korn Ferry golf tour and Kawhi Leonard taking some time off to rest, the Utah Jazz go through the playoffs undefeated to win their first NBA title.

DODGERS DELIGHT: Tired of losing because their lineup is full of strikeout marks, the Dodgers sign a trio of contact hitters to play the outfield.

The strategy falters on opening day when manager Dave Roberts calls for a hit and run and no one can remember exactly what that means.

TIGER'S TRIUMPH: Tiger Woods returns to the

Masters with so many green jackets that he hires former caddie Steve Williams to carry them into the clubhouse. Williams later misunderstands a comment by Woods about beating Patrick Reed, who is hospitalized after being found unconscious on the Hogan bridge.

FREE AGENT FUN: Gerrit Cole is unceremoniously booed after failing to make it out of the second inning in his debut at Yankee Stadium, where one young fan holds a sign saying "Yankee fan this morning. Not a Yankee fan anymore." Anthony Rendon, meanwhile, struggles to adapt to the Anaheim lifestyle, complaining that he can't take his kids to the grocery store any more because he keeps running into Mickey Mouse and Donald Duck.

Walker, Davis headline AP All-Decade hoops team

BY JOHN MARSHALL
AP Sports Writer

Some of the greatest college basketball players of the 2010s played one season before leaving for the NBA. Others stuck around and had sustained success before graduating to professional basketball.

The Associated Press All-Decade team is a mix of both.

A panel of 26 AP Top 25 voters picked the best five players of the 2010s and the list is a mix of one-and-done stars with multiple-year stars who had lasting impacts on their programs.

The rundown:

KEMBA WALKER, CONNECTICUT, 2008-11

Walker appeared on more ballots than any other player (24) and for good reason. A 6-foot-1, 172-pound guard, he was arguably the greatest one-man show since Danny Manning during UConn's 2011 national title run.

A solid player as a sophomore, Walker turned into an unstoppable force as a junior in 2010-11.

He did it all, averaging 23.5 points, 5.4 rebounds, 4.5 assists and 1.9 steals in one of the greatest all-around seasons in college basketball history.

And the bigger the moment, the better he seemed to play.

Walker's brilliance was on display when the Huskies won the early-season Maui Invitational, but he revved it up with a stunning display in the postseason.

Walker led UConn to a five wins in five days run through the Big East tournament, hitting a stepback jumper at the buzzer to beat Pittsburgh.

He was just as unstoppable in the NCAA Tournament, leading the Huskies through the bracket, capping an 11-game run by leading UConn to its third national championship.

COLLEGE BASKETBALL

ANTHONY DAVIS, KENTUCKY, 2011-12

Davis was not the scorer he became in the NBA during his one season in Lexington, but he dominated games in other ways.

The lanky 6-10 forward changed games defensively, blocking and altering shots, using his agility to cover any player on the floor.

The marquee player in another of John Calipari's stellar recruiting classes, he averaged 14.2 points, 10.4 points and an unreal 4.7 blocked shots per game while earning national player of the year honors.

Davis led the loaded Wildcats to the 2012 national championship by averaging 13.6 points, 12.3 rebounds and blocked 29 shots in six games.

Davis dominated the national title game against Kansas despite scoring just six points, grabbing 16 rebounds and blocking six shots on his way to being named the Final Four's most outstanding player.

ZION WILLIAMSON, DUKE, 2018-19

No player created as much buzz during the decade as Williamson.

Built like an NFL defensive end, the 6-7, 285-pound forward had an explosiveness unlike any player in a generation. His thunderous dunks were staples of the nightly highlights, from 360s to head-above-the-rim throw-downs that left the backboard shaking for several seconds.

Williamson averaged 22.6 points and 8.9 rebounds during his lone season in Durham, but his impact went far beyond the court.

He was the marquee name in coach Mike Krzyzewski's top-rated recruiting class and made Duke games must-see events. Fans moved from the upper reaches of arenas just to watch him warm up and crowds would rise every time he went airborne.

Everyone waited to see what Williamson would do next and he rarely disappointed.

DOUG McDERMOTT, CREIGHTON, 2010-14

McDermott had opportunities to leave school early for the NBA, yet chose stick around Omaha for four years.

In doing so, he created a legacy as one of the best mid-major players of an era.

A 6-8 forward, the son of Creighton coach Greg McDermott could play inside or out, depending on what his team needed or who was guarding him.

McDermott averaged at least 22 points his final three seasons, leading the nation with 26.7 points per game as a senior after finishing second the year before. He was a three-time AP All-American, the fifth-leading scorer in Division I history — now sixth — and the consensus player of the year in 2013-14.

That's some resume.

JALEN BRUNSON, VILLANOVA, 2015-18

Another talented player who made a bigger name for himself by sticking around.

Determined and dedicated, the 6-3 point guard never backed away from any challenge. He could shoot from the perimeter, bull past defenders with his strength or get to the rim.

Brunson was a key player on Villanova's 2016 NCAA title team and became the undisputed leader when the Wildcats won their second title in three years. He was named the AP national player of the year and Wooden Award winner as a senior after averaging 18.8 points, 4.6 assists and 3.1 assists.

Brunson played three seasons at Villanova and will go down as one of the greatest players in program history.

NFL

Replay dominated sports in 2019, and fans can expect more this year

BY JOSH DUBOW
AP Sports Writer

From the moment two officials failed to throw a flag for obvious pass interference on a play that helped decide the NFC championship — stunning the players, coaches and millions of fans — officiating and replay became a constant theme in 2019.

No matter the sport, fans and competitors were frustrated by inconsistent standards and rules that prevent some obvious mistakes from being changed. But those same fans and competitors also complain about long delays to determine something as mundane as whose fingernail last touched a basketball before it went out of bounds, even in a regular-season blowout.

"I don't want any instant replay in my life personally, but if we are going to have it, let's use it properly," Oakland Raiders coach Jon Gruden said after getting an apology for a blown call that led to a loss. "I don't think it's that hard."

But no one agrees on the proper way to implement video review. Some argue the technology takes away the human element and is too intrusive, and others counter that all wrong calls should be overturned. Some even want to let technology call balls and strikes in baseball.

From that no-call at the Superdome that helped send the Rams to the Super Bowl instead of the Saints, to the Final Four where Virginia was helped to a title by some calls that couldn't be reviewed to another that was, to the Kentucky Derby where for the first time ever the apparent winner was disqualified for interference on video review, to controversy from the Video Assistant Review system at the Women's World Cup and across Europe's biggest soccer leagues, replay has confounded nearly everyone.

The only constant seems to be more of it.

"I don't think you can go backward anymore," NHL Commissioner Gary Bettman said when his league expanded the use of replay following a series of mistakes in the playoffs that changed the outcome of some games. "I think that ship has sailed. Frankly, we want to get it right."

Figuring out how to do that is the challenge.

There was nearly unanimous agreement that there should have been pass interference called against the Rams' Nickell Robey-Coleman on New Orleans' Tom Mylee Lewis in the NFC title game. The no-call gave Los Angeles enough time to drive for a game-tying field goal before eventually winning in overtime to go to the Super Bowl.

There has been no such unanimity when it comes to the solution. The NFL ac-

ceded to the wishes of the coaches led by New Orleans' Sean Payton to allow challenges of pass interference calls, but that has only added more ambiguity, with no consistent standard of what warrants an overturn.

Throw in weekly disputes on what constitutes roughing the passer, premature whistles that negate touchdowns, botched calls that aren't reviewed because a team is out of challenges, and the complaints have only grown louder.

"It seems like week in and week out, there are three or four games that have impact calls that continue to make the headlines," said former NFL referee and ESPN officiating analyst John Parry. "They have to find a way to get off of the headlines. There will be a holding call missed here and there. But it's the game changers, the two or three impact plays where quality officiating is needed. We're just not there."

Parry blames inexperienced officiating crews and the lack of a lower league training program like NFL Europe.

He's now open to more radical changes, including putting an extra official upstairs to communicate obvious misses to the field officials and allowing challenges on more types of calls.

But that won't solve all the missed calls, which have become more evident thanks to new camera angles and high-definition TV.

"I think slow-mo replay is the biggest problem with replay," Gruden said. "When you're looking at 'is it a catch or isn't it a catch?' at that speed it's hard to tell. It really is hard to tell. So I think if you threw that slow-mo out, I think you'd get back to common sense."

There are issues in almost every sport, from the pass interference debate in the NFL to balls and strikes in baseball to the block or charge in the NBA to the standard for penalties in the NHL to fans reporting infractions seen on TV in golf.

In baseball, many replay advocates are pushing for balls and strikes to be called electronically.

Those complaints reached a crescendo in Game 5 of the World Series, when a couple of apparent bad calls hurt the Washington Nationals.

Baseball has experimented with "robots" calling balls and strikes and communicating to an umpire in the Arizona Fall League and in the independent Atlantic League.

That could come to the big leagues soon. Umpires agreed to cooperate with Major League Baseball in the development and testing of an automated ball-strike system as part of a five-year labor contract announced in December, according to sources.

GOLF

A refined Kapalua presents different test to start new year

BY DOUG FERGUSON
AP Golf Writer

KAPALUA, Hawaii — Lush green grass, Pacific blue horizon.

That much about the Plantation Course at Kapalua hasn't changed for the 34 winners on the PGA Tour last year who have assembled for the Sentry Tournament of Champions. Fifteen players are competing for the first time and won't notice the \$12.5 million refinement project.

Dustin Johnson did.

"It's definitely a little harder," said Johnson, who has been playing every morning as the sun climbs over the horizon and is done with 18 holes before the breakfast buffet has been cleared. "The greens are firmer because they're new. The greens are firm and the fairways are soft. I think it will play more difficult."

What really got his attention was the third hole, which for 10 years has been a driver and a wedge. With a new tee some 30 yards farther back,

and facing a stiff trade win, Johnson blasted driver and reached for a 6-iron.

"I knew it was longer and that I'd have longer in," Johnson said. "I didn't think I'd have that far. It's a difficult green with wedge to get it close. With a 6-iron, it's not that much fun."

This refinement was not all about length.

The Plantation Course had grown old enough that it lost its speed from so much thatch in the grass. The idea was for this course to play fast. That would make it more difficult for elite players to control their shots, and make it easier for resort guests who found the course too long because the ball wasn't rolling as far as it once did.

The entire course was grassed with a new strain called "Celebration Bermuda." The greens were redone with TiffEagle Bermuda, with some ridges and plateaus added to create more hole locations and restore some shot-making value. Missing

on the wrong spot of certain greens becomes more penal.

"Instead of having one gradual slope, now it's kind of turned into shelf," Justin Thomas said. "And you have to maybe focus a little bit more on being on the correct side of the shelf, or the correct side of the hole."

The course re-opened two months ago. The first big test is the Tournament of Champions.

Because the grass is new, and with ample rain over the last month, the fairways remain relatively soft. That should change over time, but there have been enough examples during practice to let players know what to expect.

Defending champion Xander Schauffele hammered a drive on the downhill, 667-yard closing hole and was surprised to see it hop out of pitch mark instead of bouncing forward. The pitch mark was 8 feet behind where his ball finished.

"If it firms up, it's going to be awesome," said Kevin Kisner, who needs some roll

to play a 7,596-yard course at par 73.

All the bunkers were rebuilt with drainage. Some were moved to tighten the landing area, such as on the 16th and most noticeably on the par-5 fifth. It appears to be in the middle of the fairway, but it narrows the landing area. For now, that might not be an issue because the fairway is soft enough it's hard for anyone to reach it.

The biggest change, at least for the players who have previously played this winners-only event, are the sharpened slopes on some of the greens and the length, mainly on No. 3, 4, 9 and 10.

Kisner hit a 3-iron into a strong wind on the 409-yard third hole. On the ninth, playing the new tee, he hit driver and a 3-wood that barely reached the second portion of the fairway. That wasn't just because he doesn't hit it a country mile. J.B. Holmes, one of the longest hitters, said he barely cleared the steep slope to get back to the fairway.

New decade brings positive resolutions for happy future

DEAR READERS: Welcome to 2020! The New Year has arrived, and with it our chance for a new beginning.

Today we have an opportunity to discard destructive old habits for healthy new ones, and with that in mind, I will share Dear Abby's often-requested list of New Year's Resolutions, which were adapted by my late mother, Pauline Phillips, from the original credo of Al-Anon:

JUST FOR TODAY: I will live through THIS DAY ONLY. I will not brood about yesterday or obsess about tomorrow. I will not set far-reaching goals or try to overcome all of my problems at once.

I know that I can do something for 24 hours that would overwhelm me if I had to keep it up for a lifetime.

JUST FOR TODAY: I will be happy. I will not dwell on thoughts that depress me. If my mind fills with clouds, I will chase them away and fill it with sunshine.

JUST FOR TODAY: I will accept what is. I will face reality. I will correct those things that I can correct and accept those I cannot.

JUST FOR TODAY: I will improve my mind. I will read something that requires effort, thought and concentration. I will not be a mental loafer.

JUST FOR TODAY: I will make a conscious effort to be agreeable. I will be kind and courteous to those who cross my path, and I'll not speak ill of others. I will improve my appearance, speak softly and not interrupt when someone else is talking. Just for today, I will refrain from improving anybody but myself.

JUST FOR TODAY: I will do something positive to improve my health. If I'm a smoker, I'll quit. And I will get off the couch and take a brisk walk, even if it's only around the block.

JUST FOR TODAY: I will gather the courage to do what is right and take responsibility for my own actions.

And now, Dear Readers, I would like to share an item that was sent to me by L.J. Bhatia, a reader from New Delhi, India:

DEAR ABBY: This year, no resolutions, only some guidelines. The Holy Vedas say: "Man has subjected himself to thousands of self-inflicted bondages. Wisdom comes to a man who lives according to the true eternal laws of nature."

The prayer of St. Francis (of which there are several versions) contains a powerful message:

Lord, make me an instrument of your peace;
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.

O Divine Master,
Grant that I may not so much seek to be consoled as to console;
To be understood, as to understand;
To be loved, as to love;
For it is in giving that we receive,
It is in pardoning that we are pardoned,
And it is in dying that we are born to eternal life.

And so, Dear Readers, may 2020 bring with it good health, peace and joy to all of you. — Love, Abby

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Dear Abby



CROSSWORD

ACROSS

- 1 Mr. Hanks
- 4 Danson or Kennedy
- 7 Pen fluids
- 11 Citrus drink
- 12 Norse king
- 14 Opossum's gripper
- 15 Rug
- 16 Reebok rival
- 17 Forage holder
- 18 Caulked
- 20 Keep out of sight (2 wds.)
- 22 Just scrape by
- 23 Our sun
- 24 Dark brown
- 27 Off and on
- 30 Floors
- 31 Furniture buy
- 32 Baby lion
- 34 Cousteau's domain
- 35 Be different
- 36 Ad award
- 37 Get ready to play again
- 39 Breakfast item
- 40 World Series mo.

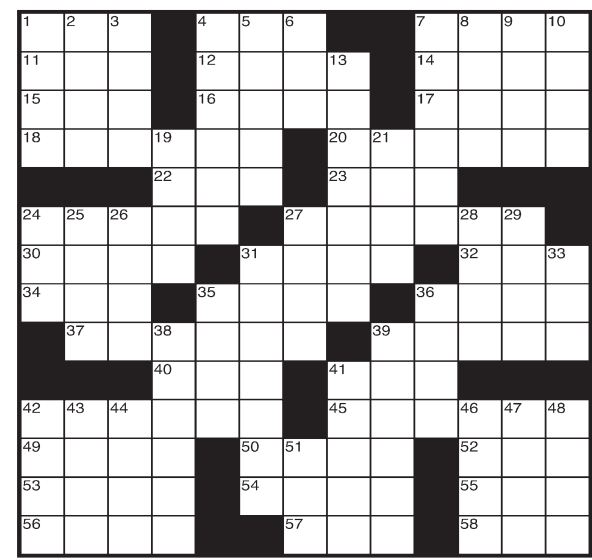
DOWN

- 1 Shooting marbles
- 2 Comics dog
- 3 Huge, in combos
- 4 Kansas capital
- 5 Dodge
- 6 Beaver project
- 7 In a class by —
- 8 Carpentry item

Answer to Previous Puzzle



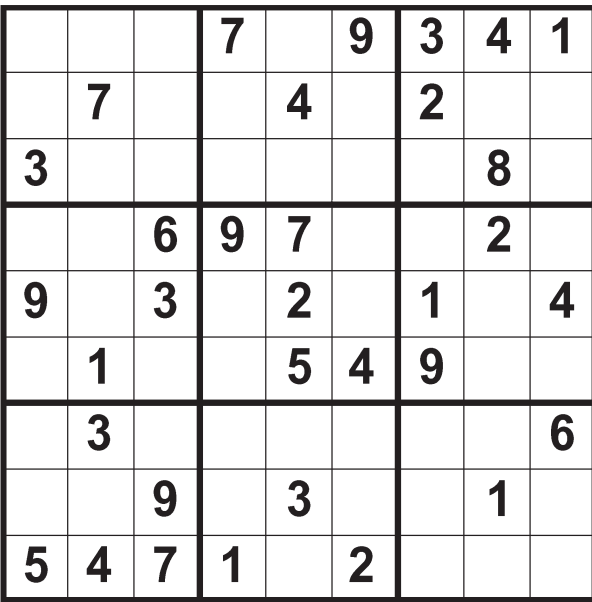
- 9 1,000 grams
- 10 Snaillike
- 13 Tamper with
- 19 Luau attire
- 21 Greek letter
- 24 Mr. Walton
- 25 Basin companion
- 26 Dumas senior
- 27 Auto maker
- 28 NCAA Bruins
- 29 Nobel prize — Alvarez
- 31 Georgia O'Keeffe Museum
- 33 Plant sci.
- 35 Minor weakness
- 36 "Wild West" showman
- 38 Amazement
- 39 Type of cuisine (hyph.)
- 41 Not as good
- 42 Baby elephant
- 43 Orchestra member
- 44 Singer — McEntire
- 46 Meditation guide
- 47 British prep school
- 48 Must-have
- 51 Bar none



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SUDOKU

DIFFICULTY RATING: ★★☆☆☆



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How to play:

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9.

PREVIOUS SOLUTION

6	5	8	1	9	2	4	3	7
4	3	1	6	8	7	5	9	2
2	9	7	5	3	4	6	1	8
3	1	5	7	6	8	9	2	4
7	2	4	9	1	5	3	8	6
9	8	6	4	2	3	1	7	5
1	4	2	8	5	9	7	6	3
8	7	9	3	4	6	2	5	1
5	6	3	2	7	1	8	4	9

JUMBLE

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

OGYOE

NISEG

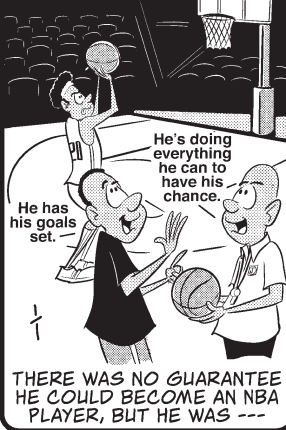
ROHATT

ZRYFZI

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THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek



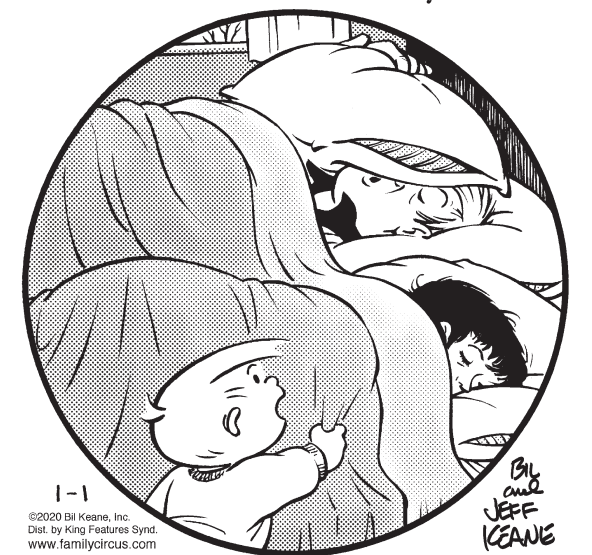
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(Answers tomorrow)

Yesterday's Jumbles: GRAVY WIPER PREFIX BANNER Answer: When he proposed to her on December 31, they were able to — RING IN THE NEW YEAR

THE FAMILY CIRCUS

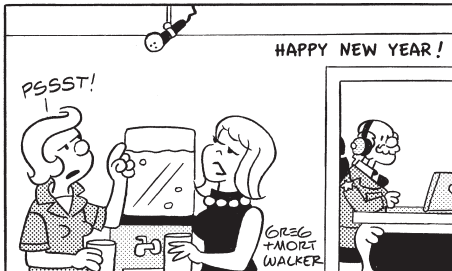
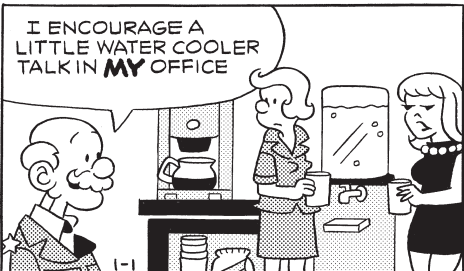
By Bil Keane



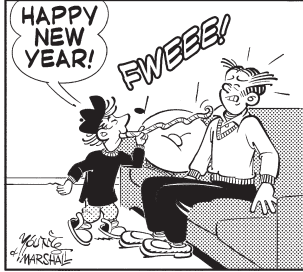
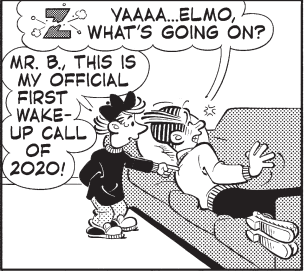
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"Did 2020 get here all right?"

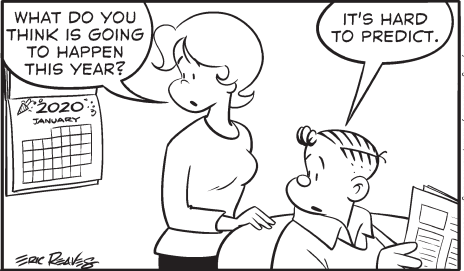
BEETLE BAILEY



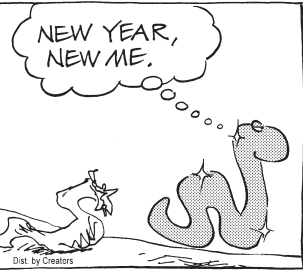
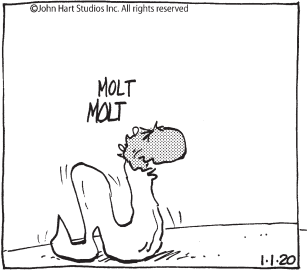
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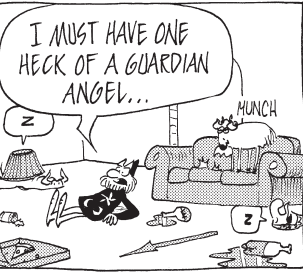
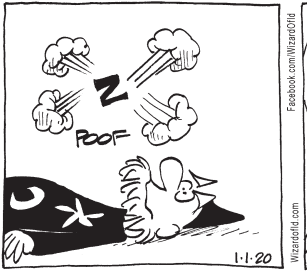
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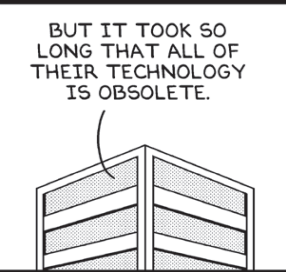
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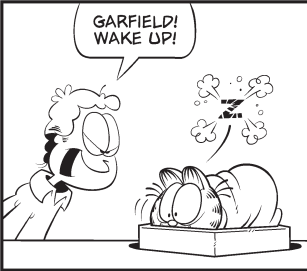
WIZARD OF ID



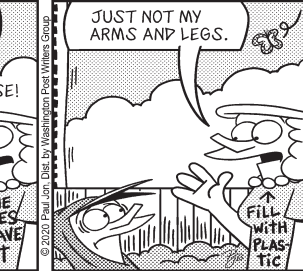
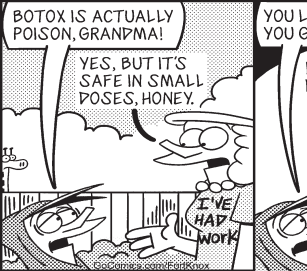
DILBERT



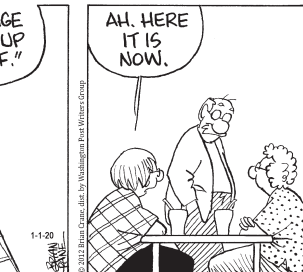
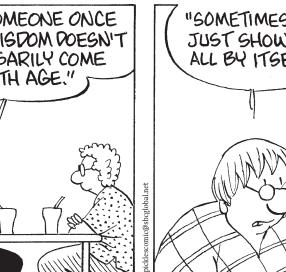
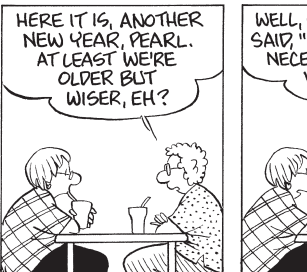
GARFIELD



FORT KNOX



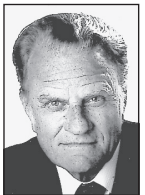
PICKLES



The Bible tells us to examine ourselves before the Lord

Q: I have considered my failures of this past year. How can I help myself make the changes necessary to do things better this year? — N.R.

Billy Graham My Answer



A: People by nature build, tear down, and rebuild. We build our hopes, get disappointed, and then search for renewed hope. That is why we are fond of New Year's resolutions. They are very popular in our culture today, though most are seldom kept. We get busy; we forget; we fail. Making resolutions, though, at least forces us into a moment of honesty about our need to change.

The Bible tells us to examine ourselves before the Lord. When we do this with sincerity, the Lord reveals where we fall short. This turns us back to God

and helps us realize that we are incapable of living lives pleasing to Him apart from His help day by day, hour by hour.

The prophet Haggai took inventory, you might say, and reminded the people that everything they have belongs to the Lord. Haggai points out that they are busy making themselves look good instead of glorifying the Lord. Faith in God calls for building from the inside out. There is no sense in working on the outside if the inside is rotten. The message was that they were building

on their own works and forgetting the Lord.

Haggai makes no apologies for the repetition in proclaiming the Word of the Lord: consider, consider, consider. "Carefully consider from this day forward..." (Haggai 2:15).

Have we taken inventory lately? Have we considered where we stand with God? Return to the Lord and consider Him — the One who gives you everything. Build on His foundation. "And in this place," the Lord says, "I will bring peace" (Haggai 2:9, NLT).

CELEBRITY CIPHER by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"FMGZ LXC JLWKF JPMZV JVMB
KFZ YFZZVJEP OZZCO MJ KFZ MPC
DZLV KM KFZ OGVMEKWXSLVCZX
MJ KFZ XZA DZLV'O CLAX."
— KZVVW SEWPPZBZKO

Previous Solution: "Whatever it is you're scared of doing, do it. Make your mistakes next year and forever." — Neil Gaiman
TODAY'S CLUE: J Spenba A

After Mediterranean honeymoon, man refuses to live with wife

DEAR ABBY: My heart is breaking for my friend who was married just a month and a half ago. She and her husband went on a two-week Mediterranean cruise for their honeymoon. They have not lived together since then. Her husband says he loves her, and I know she loves him, but he has no immediate plans to live with her! She's heartbroken and is planning an annulment. What advice do you have? — Thrown In Maryland

Dear Abby



DEAR THROWN: I wish you had shared a few more details about their situation. I'm surprised your friend wasn't aware of her husband's feelings before she married him.

However, as sympathetic as you are about her situation, my advice is to be there for her to lean on but refrain from giving her advice. She's going to have to figure this out for herself. Some couples do better if they live separately. But if what her husband has in mind was a surprise and is unacceptable to her, she is doing the right thing.

DEAR ABBY: I'm not sure if anyone else has this problem. My husband is constantly grabbing me, either my breasts or my crotch. It's day and night. We have been married almost 40 years, and I am sick of it.

If I say something, he says, "Oh, I bet the guys you work with would love to be touching you!" Not once have my co-workers ever implied such a thing. I just don't understand! Any suggestions on how I can make him understand I hate this? — Groped Out West

DEAR GROPED: Your husband may consider what he's doing as foreplay or regard you not as a person but his property. Touching someone in this manner without consent could be considered sexual abuse. His comment about your male co-workers may be a back-handed compliment, but why you are sick of hearing it is understandable.

If he doesn't understand after 40 years that you dislike what he's doing, it's because he doesn't want to, and your feelings are unimportant to him. A marriage counselor may be able to help you get through to him. If he won't go, go without him.

DEAR ABBY: I am 59 years old with a good job. I have a pleasant personality, and I have been told I am attractive. I would love to find someone who would be a very good friend or maybe even a love connection.

The problem is, I wear partials because some of my teeth are missing. I'm very attractive with them in, but I'm afraid if I tell a man I have them, he won't regard me as attractive anymore. Should I withhold that information until further down the line?

Please advise me because this is holding me back on trying to have a relationship. I don't want to remain lonely because of this. — Ready For Something In D.C.

DEAR READY: You state that you have a good job. If all that's holding you back from finding a partner is embarrassment about your dentures, contact a dentist and ask if there are other options, such as implants, that might be a solution for you. If there are, it will give you the boost of confidence you are seeking. If not, keep in mind that if you are dating the right man in your age group or older, he shouldn't have as much a problem with your teeth as you fear.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

CROSSWORD

ACROSS

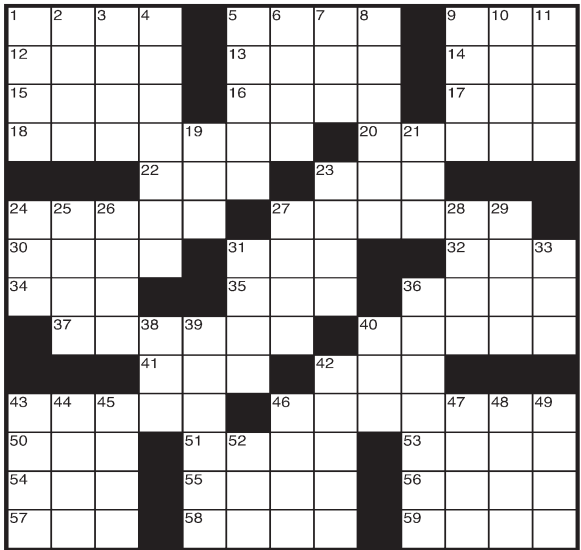
- 1 Polar bear perch
- 5 Diamond Head site
- 9 Carp
- 12 Verdi's princess
- 13 Reynolds or Gosling
- 14 Flow back
- 15 Slue
- 16 Radar spot
- 17 Bakery item
- 18 Vienna's locale
- 20 Rubber tree sap
- 22 Collide with
- 23 Carry with difficulty
- 24 Clad like a superhero
- 27 Colombia's capital
- 30 Turing or Ladd
- 31 Beach top
- 32 Conflict
- 34 Dowel
- 35 — -com
- 36 Salmon variety
- 37 Forgo
- 40 Name for a cow

DOWN

- 1 Horse bean
- 2 Place
- 3 Works by Keats
- 4 Made of clay
- 5 Planet's course
- 6 Jean Auel heroine
- 7 "Bali —"
- 8 Disconnect
- 9 Hung on to
- 10 NYC theater award
- 11 Wild goat
- 19 Unburden
- 21 In the past
- 23 Potting soil
- 24 Ford product
- 25 Succulent plant
- 26 Walks softly
- 27 Sometimes furrowed feature
- 28 Rarely seen bills
- 29 Pleased sighs
- 31 Steep, as tea
- 33 Trigger's rider
- 36 Cringed ic's skill
- 38 Paramedic's skill
- 39 Bach contemporary
- 40 Thud
- 42 Pier
- 43 Cheerful tone
- 44 New Age singer
- 45 Made a hole in one
- 46 Viking quaff
- 47 Mrs. Charles
- 48 Very little
- 49 Fake butter
- 52 Novelist — Levin

Answer to Previous Puzzle

TOM TED INKS
ADE OLAF TAIL
WIG PUMA SILO
SEALED LIELOW
EKE SOL
SEPIA FITFUL
AWES SOFA CLUB
MER VARY CLIO
REWIND TOAST
OCT WED
CORNEA OXYGEN
ABED FARM UTE
LOBE ELSE ROE
FEAR LEX UND



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SUDOKU

DIFFICULTY RATING: ★★★★★

4			3					
				4	5	8	9	
			9	1		4		7
3	1					5		
2			8					4
		9				7		2
9	7	2	1					
	6	8	4	3				
				9				1

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How to play:

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9.

PREVIOUS SOLUTION

6	2	5	7	8	9	3	4	1
1	7	8	6	4	3	2	9	5
3	9	4	2	1	5	6	8	7
4	8	6	9	7	1	5	2	3
9	5	3	8	2	6	1	7	4
7	1	2	3	5	4	9	6	8
2	3	1	4	9	8	7	5	6
8	6	9	5	3	7	4	1	2
5	4	7	1	6	2	8	3	9

JUMBLE

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

ROYSR

VAHYE

CODAIZ

RITEAD

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THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(Answers tomorrow)

Yesterday's Jumbles: GOOEY SINGE THROAT FRIZZY
Answer: There was no guarantee he could become an NBA player, but he was — SHOOTING FOR IT

THE FAMILY CIRCUS

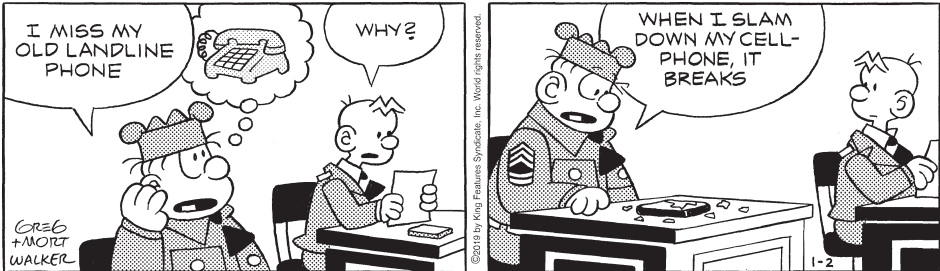
By Bil Keane



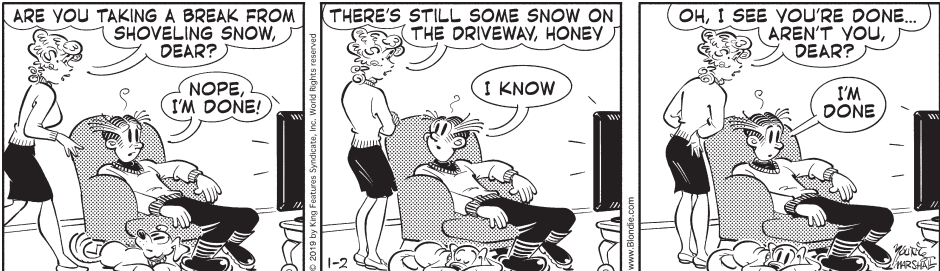
"How do they fit so much water in that little faucet?"

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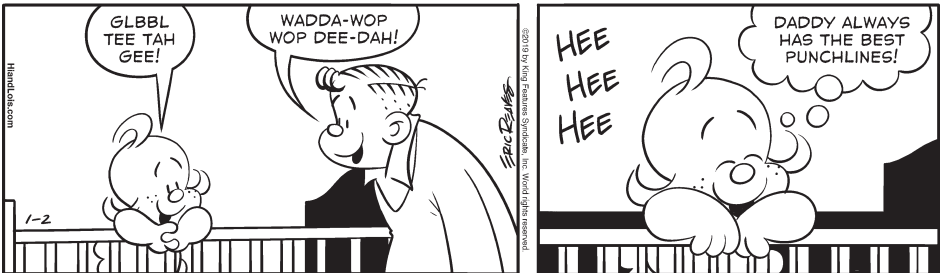
BEEBLE BAILEY



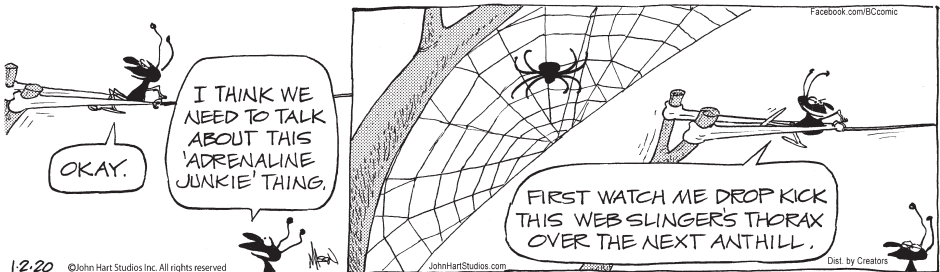
BLONDIE



HI & LOIS



BC



WIZARD OF ID



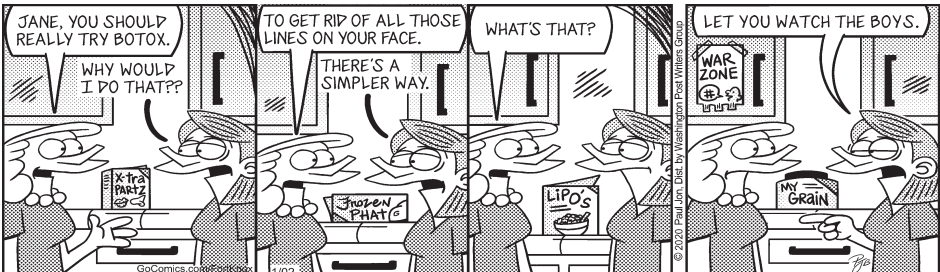
DILBERT



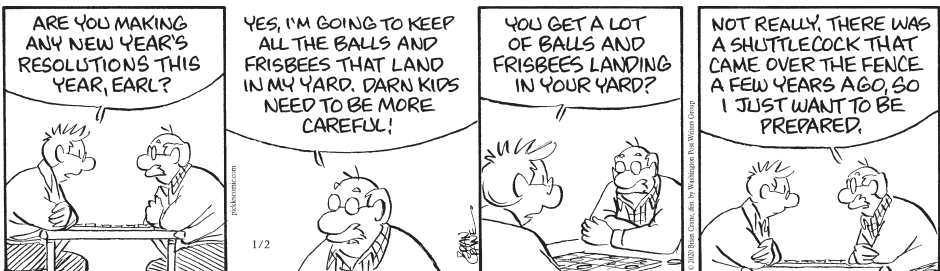
GARFIELD



FORT KNOX



PICKLES



The great significance of Leviticus

Q: I'm a fan of the rock band U2 and Bono. It is said of him that he can quote the entire book of Leviticus and the works of John Lennon. The book of Leviticus is difficult to read and understand. What is the significance? — R.F.

A: Some feel that Leviticus is difficult to read, but its passages are rich in history and are pertinent today because they point to the future. Nearly every chapter begins with "And the Lord spoke ..." There is no lack of warning from Almighty God. No one could declare innocence about God's commands. He laid down the law and declared judgment if the law was not obeyed. The people had said, "Show us the law and we will follow it" — but they couldn't do it, and neither can we. So

God sent His Son to show us the way.

Israel had been called by the Lord to be a holy nation. They had come out of the pagan Egyptian society where idol worship and immoral living reigned. God forbade them to continue these practices with warnings and judgment: "But if you do not [according to God's commands], then take note, you have sinned against the Lord; and be sure your sin will find you out" (Numbers 32:23). When the Israelites turned away from godlessness, God's blessings were

poured out on them. He desired that His special people would live lives that reflected His holy character.

This book not only records much of the history of Israel, God instructed His people to invite others into His protection by recognizing their sin and making atonement. Leviticus records the phrase, "a stranger who dwells among you" (Leviticus 16:29). Marvel that God in His great love for all people is constantly making provision for them through the gift of blood that cleanses.

CELEBRITY CIPHER

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"E J Y J F H R Y J Z W P E B P O J V N R E H
V N K V G P Z M K E ' V H P K I K G
X R V N P Z V V N R E C R E H K S P Z V ."
— X R E B V P E M N Z F M N R A A

Previous Solution: "Hope and faith flower from the cheerful seeds of the old year to the sprouting garden of the new year's dawn." — Terri Guillemets

TODAY'S CLUE: a sjenba

